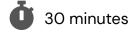


Smoked Tomatoes & Quinoa

with Green Dressing

A wholesome quinoa platter with blanched greens, smoked tomatoes, crunchy cucumber and a creamy blended coriander dressing.







Scatter over some toasted seeds or nuts to finish the dish off. Stretch the salad out and add any leftovers you may have in the fridge like olives, cherry tomatoes or salad leaves.

PROTEIN TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

ORGANIC QUINOA	1 packet (100g)
BROCCOLI	1
CORIANDER	1/2 packet *
COCONUT YOGHURT	1/2 tub *
GARLIC	1/2 clove *
LEBANESE CUCUMBER	1
AVOCADO	1
SMOKED TOMATOES	1 tub

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

salt and pepper, apple cider vinegar

KEY UTENSILS

large frypan, saucepan, stick mixer or blender

NOTES

If you don't have a stick mixer or blender you can add the coriander to the salad. Make a quick dressing by combining 1 tbsp vinegar of choice with coconut yoghurt and crushed garlic. Stir through water until it reaches a drizzling consistency.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 10-15 minutes or until tender. Drain and rinse.



2. BLANCH THE BROCCOLI

Fill a large frypan with water and bring to a simmer. Cut broccoli into small florets. Add to simmering water for 3-5 minutes until just tender. Drain, rinse under cold water and set aside.



3. MAKE THE DRESSING

Roughly chop coriander. Blend 1/2 (reserve 1/2 for garnish) with coconut yoghurt, 1/2 garlic clove, 1 tbsp vinegar and 1 1/2 tbsp water using a stick mixer or blender until smooth. Season with salt and pepper (see notes).



4. PREPARE THE SALAD

Slice cucumber and dice avocado. Drain tomatoes.



5. FINISH AND PLATE

Layer quinoa on a serving plate. Top with blanched broccoli and salad. Drizzle over dressing and garnish with coriander.



