




### Product Spotlight: Quinoa


Quinoa is a gluten-free seed that is high in protein and a great source of fibre.



## 4 Stuffed Capsicums with Spiced Quinoa

Quinoa spiced with ground turmeric, fenugreek leaves and cumin, stuffed into roasted capsicums with onion and tomato, a fresh topping of cucumber, parsley and lemon juice and cashew cream cheese.

 30 mins

 2 servings

 Plant-Based

9 April 2021

### Spice it up!

*If you don't want to stuff the capsicums, you can simply slice them into strips, roast them in the oven for 10 minutes and add them to your quinoa.*

Per serve: **PROTEIN** 25g **TOTAL FAT** 38g **CARBOHYDRATES** 87g

## FROM YOUR BOX

QUINOA KIT	1 packet
GREEN CAPSICUM	1
RED CAPSICUM	1
RED ONION	1/2 *
TOMATO	1
LEMON	1/2 *
LEBANESE CUCUMBER	1
PARSLEY	1/3 bunch *
CASHEW CREAM CHEESE	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper

## KEY UTENSILS

large frypan, saucepan, oven tray

## NOTES

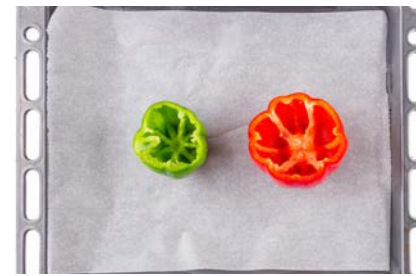
If you have any unused vegetables in your fridge, eg, zucchini or tomato, now is a great time to utilise them. Add them to the roasting tray and stuff them with the excess filling.



### 1. COOK QUINOA

Set oven to 220°C.

Place quinoa and **2 cups water** in a saucepan. Cover and bring to a simmer over medium-high heat for 15 minutes. Take off heat and leave to sit for 5 minutes until water has absorbed.



### 2. ROAST CAPSICUMS

Cut tops off capsicums (reserve tops) and remove seeds. Place on a lined oven tray. Roast for 8-10 or the time it takes to prepare filling.



### 3. PREPARE FILLING

Heat a frypan over medium-high heat with **oil**. Dice onion, tomato and reserved capsicum tops, add to pan as you go, sauté for 5-6 minutes.

Add cooked quinoa to pan, stir to combine. Season with **salt and pepper**.



### 4. STUFF CAPSICUMS

Remove any liquid pooling in the bottom of your capsicums. Divide filling evenly into capsicums (see notes). Roast for 8-10 minutes.



### 5. PREPARE TOPPING

In a large bowl whisk together juice from half lemon with **1 tbsp olive oil, salt and pepper**.

Dice cucumber and chop parsley. Toss with prepared dressing.



### 6. FINISH AND PLATE

Mix cashew cream cheese with **3 tbsp water** to make a sauce.

Divide leftover stuffing among shallow bowls with roasted capsicums and fresh topping. Drizzle over cashew cream cheese.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

