



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lemongrass

To prepare your lemongrass, cut in half lengthways and remove the core. Before chopping, bash with the end of your knife to release the perfumes.



1 Tomato and Lemongrass Broth

A fragrant tomato based broth with vegetables, served over quinoa.

 30 mins

 2 servings

 Plant-Based

6 August 2021

Tom Yum Soup!

Transform this dish into Tom Yum soup by adding 1 garlic clove at step 3, and swap the water for stock at step 4, serve with bean shoots and fresh lime.

Per serve: **PROTEIN** 18g **TOTAL FAT** 14g **CARBOHYDRATES** 54g

FROM YOUR BOX

QUINOA	100g
LEMONGRASS	1 stalk
SPRING ONIONS	1/2 bunch *
KAFFIR LIME LEAF	1 double
FENNEL	1/2 bulb *
ZUCCHINI	1/2 *
CHOPPED TOMATOES	400g
GREEN BEANS	1/2 bag (75g) *
RED CHILLI	1
SUPER SEED MIX	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, cumin seeds, soy sauce (or tamari), red wine vinegar

KEY UTENSILS

large saucepan with lid, saucepan

NOTES

To use a whole lemongrass stalk, slice off the very bottom of the stalk and peel off any dried-out layers, then bash the woody top end with a rolling pin or something hard to soften and help release some of the aromatic oils.

You could also blend these aromatics in a food processor to make a paste.

Remove seeds from chilli to reduce the spice.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 8–12 minutes until tender. Drain and rinse.



2. PREPARE INGREDIENTS

Finely chop lemongrass (see notes) and cut spring onions into 3cm pieces (reserve green tops), finely slice kaffir lime leaves (see notes).



3. SAUTÉ THE AROMATICS

Heat a large saucepan over medium–high heat with **oil**. Add prepared ingredients with **2 tsp cumin seeds**. Cook, stirring, for 3–4 minutes.



4. ADD THE VEGETABLES

Slice fennel and cut zucchini into thick crescents. Add to pan as you go. Pour in chopped tomatoes with **1 tin water**, stir to combine. Cover and simmer for 10–15 minutes. Season with **2 tsp soy sauce**, **2 tsp vinegar** and **salt and pepper** to taste. Trim and halve green beans, add to pan.



5. PREPARE TOPPING

Thinly slice remaining spring onion and chilli (see notes). Mix in a bowl with super seed mix (to taste).



6. FINISH AND PLATE

Evenly divide the quinoa into bowls. Ladle over the broth and finish with prepared topping.

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

