



### Product Spotlight: Watercress

Watercress is a real powerhouse of nutrients and is classed a superfood. Vitamin K is by far the most prominent nutrient which can help building strong bones and assist with blood clotting.



## 2 Smokey Bean Tray Bake

Smokey roast eggplant and tomatoes with beans on fluffy white quinoa, garnished with peppery watercress.

 30 minutes

 2 servings

 Plant-Based

30 November 2020

*Spice it up!*

*Add fresh herbs to the tray bake such as thyme, sage, oregano or rosemary. Whole garlic cloves are also really nice roasted in this dish!*

Per serve: **PROTEIN** 21g **TOTAL FAT** 25g **CARBOHYDRATES** 75g

## FROM YOUR BOX

|                     |                 |
|---------------------|-----------------|
| ORGANIC QUINOA      | 1 packet (100g) |
| RED ONION           | 1/2 *           |
| TOMATOES            | 2               |
| YELLOW CAPSICUM     | 1               |
| SMALL EGGPLANT      | 1               |
| CANNELLINI BEANS    | 400g            |
| SWEET CHILLI RELISH | 1/2 tbsp *      |
| WATERCRESS          | 1 sleeve        |

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, salt and pepper, balsamic vinegar, smoked paprika

## KEY UTENSILS

oven dish, saucepan

## NOTES

Rinse the watercress in a salad spinner before using.



### 1. COOK THE QUINOA

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



### 2. PREPARE THE VEGGIES

Wedge onion, quarter the tomatoes and chop capsicum. Dice eggplant. Add to a lined oven dish.



### 3. ADD THE BEANS & BAKE

Drain and add beans to tray bake. Combine 1/2 tbsp chilli relish, **1 tsp smoked paprika**, **2 tbsp balsamic vinegar** and **2 tbsp olive oil**. Toss through beans and veggies. Season with **salt and pepper** and bake in oven for 20 minutes until cooked through.



### 4. PREPARE WATERCRESS

Trim watercress (see notes). Lightly drizzle with **balsamic vinegar** and **olive oil**. Set aside.



### 5. FINISH AND PLATE

Divide quinoa and bean bake among plates. Garnish with watercress.

**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](mailto:hello@dinnertwist.com.au)

