



Product Spotlight: Broccoli


The head of the broccoli is made up of tiny flower buds. If you do not harvest a broccoli on time, the head will be full of yellow flowers!



4 Quinoa Tray Bake with Almond Cheese

Quinoa tossed in a zingy dressing, served with roasted vegetables, almond cheese and super seeds.

 30 minutes

 2 servings

 Plant-Based

17 September 2021

Speed it up!

If you don't want to make the almond cheese, simply add the almond mix to the oven tray with your vegetables to roast.

Per serve: **PROTEIN** 26g **TOTAL FAT** 53g **CARBOHYDRATES** 69g

FROM YOUR BOX

QUINOA	1 packet (100g)
ALMOND MIX	1 packet (65g)
PARSNIP	1
BROCCOLI	1/2 *
BRUSSELS SPROUTS	1 bag (150g)
CHERRY TOMATOES	1/2 bag (100g) *
PARSLEY	1/2 bunch *
SUPER SEED MIX	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried thyme, balsamic vinegar

KEY UTENSILS

saucepan, oven tray, stick mixer or small blender

NOTES

Your almond mix is made up of blanched almonds and nutritional yeast. Soak in hot water to help the almonds soften.



1. COOK THE QUINOA

Set oven to 220°C.

Place quinoa in a saucepan and cover with water. Bring to a boil and simmer for 10–12 minutes until tender. Drain and rinse.



2. SOAK THE ALMONDS

In a bowl, soak the almond mix with **1/4 cup water** (see notes) and **1 tbsp vinegar**. Leave to soak while preparing step 3.



3. ROAST VEGETABLES

Dice parsnip and cut broccoli into florets. Halve Brussels sprouts. Toss vegetables on a lined oven tray with cherry tomatoes, **oil**, **1 tsp thyme**, **salt and pepper**. Roast for 15–20 minutes until vegetables are tender.



4. BLEND ALMOND CHEESE

Using a stick mixer, blend almond mix (including liquid) to a thick but smooth consistency. Season with **salt and pepper**.



5. DRESS THE QUINOA

Whisk together **1 tbsp vinegar**, **1/4 cup olive oil**, season with **salt and pepper**. Finely chop parsley leaves (reserve some for garnish). Toss quinoa and parsley with dressing until well coated.



6. FINISH AND SERVE

Divide quinoa among bowls. Top with roasted vegetables. Dollop on almond cheese. Garnish with reserved parsley and super seed mix.

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**

