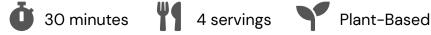




Balsamic Dutch Carrots

with Herb Quinoa

A fresh herb and quinoa salad with red cabbage, parsley and dill, tossed with currants and seeds and topped with roast dutch carrots and finished with a balsamic glaze.







Spice it up!

If you don't have fennel seeds you can substitute it with cumin seeds or ground coriander. Cook the quinoa with a stock cube for added flavour if preferred!

TOTAL FAT CARBOHYDRATES PROTEIN

27g

85g

17g

FROM YOUR BOX

WHITE SWEET POTATO	600g
DUTCH CARROTS	1 bunch
BALSAMIC GLAZE	1/2 bottle *
ORGANIC QUINOA	200g
COCONUT YOGHURT	1 tub (300g)
SPRING ONIONS	1/4 bunch *
PARSLEY	1/2 bunch *
DILL	1 packet
SHREDDED RED CABBAGE	1/2 bag (200g) *
CURRANTS/SEED MIX	1 packet (50g)

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt and pepper, fennel seeds, white wine vinegar, garlic (1/2 clove)

KEY UTENSILS

oven tray, saucepan

NOTES

You can reserve your carrot tops to make a

The quinoa will have a faint white ring around the grain when it is cooked.



1. ROAST THE CARROTS

Set oven to 220°C.

Dice sweet potato. Trim carrots and toss on a lined oven tray with 2 tbsp balsamic glaze, 1 tsp fennel seeds, oil, salt and pepper. Roast for 20-25 minutes until cooked through (see notes).



2. 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 (see notes).



3. PREPARE THE YOGHURT

Combine 1/2 crushed garlic clove with yoghurt, 1 tbsp vinegar, salt and pepper.



4. PREPARE THE SALAD

Slice spring onions. Chop parsley and dill. Toss together with cooked quinoa, cabbage and currants/seed mix.



5. FINISH AND PLATE

Spread even amounts of yoghurt on bottom of plates. Top with salad and roast carrots. Drizzle over 1-2 tbsp balsamic glaze.



