



Product Spotlight: Quinoa

Quinoa is mineral-rich, gluten-free and classed as a complete protein meaning it contains all nine essential amino acids. Protein plays a crucial role in our bodies and amino acids are the building blocks of it.



2 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.



30 minutes



4 servings



Plant-Based

1 February 2021

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!

Per serve: **PROTEIN** 17g **TOTAL FAT** 27g **CARBOHYDRATES** 85g

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) *
CURRENTS/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 pesto!

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).



4. PREPARE THE SALAD

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



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).



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.



3. PREPARE THE YOGHURT

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

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