



Product Spotlight: Kale

Kale is an excellent source of vitamin C and beta-carotene. Place the leaves in the fridge rinsed and slightly damp in a paper towel to keep fresh.



3 Quinoa, Grape & Avocado Bowl with Golden Dressing

A fresh and vibrant medley of quinoa, sweet grapes and creamy avocado finished with a golden turmeric dressing and crunchy roasted chickpeas.

 30 minutes

 4 servings

 Plant-Based

4 January 2021

Spice it up!

You can add some tahini into the dressing for a creamier finish. If you have some fresh herbs such as mint or coriander, they also work well in this salad bowl.

Per serve: **PROTEIN** 15g **TOTAL FAT** 26g **CARBOHYDRATES** 71g

FROM YOUR BOX

ORGANIC MIXED QUINOA	200g
LEMON	1/2 *
KALE	1/2 bunch *
RED GRAPES	200g
RADISHES	1/2 bunch *
AVOCADOS	2
ROAST CHICKPEAS	2 packets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt and pepper, maple syrup, ground turmeric, red wine vinegar

KEY UTENSILS

saucepan

NOTES

To quickly remove the kale leaves, hold the leaf upside down and run fingers downwards along the stem. Roll the leaves into a cigar and slice.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with water. Bring to the boil and simmer for 10–15 minutes until tender. Drain and rinse. Set aside.



2. PREPARE THE DRESSING

Whisk together lemon juice, **1 tbsp vinegar**, **1 tbsp maple syrup**, **1 tsp ground turmeric** and **1/4 cup olive oil**. Season with **salt and pepper**. Set aside.



3. MASSAGE THE KALE

Thinly slice kale leaves and add to a large salad bowl (see notes). Add 1 tbsp dressing and use hands to massage the leaves until soft and tender.



4. PREPARE TOPPINGS

Halve the grapes. Trim and slice radishes. Dice avocados.



5. FINISH AND PLATE

Divide quinoa, kale and toppings among bowls. Spoon over dressing to taste and garnish with roast chickpeas.

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**

