



### 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**

