




Product Spotlight: Quinoa


Quinoa is a gluten-free seed that is high in protein and a great source of fibre.



4 Stuffed Capsicums with Spiced Quinoa

Quinoa spiced with ground turmeric, fenugreek leaves and cumin, stuffed into roasted capsicums with onion and tomato, a fresh topping of cucumber, parsley and lemon juice and cashew cream cheese.

 30 mins

 4 servings

 Plant-Based

9 April 2021

Spice it up!

If you don't want to stuff the capsicums, you can simply slice them into strips, roast them in the oven for 10 minutes and add them to your quinoa.

Per serve: **PROTEIN** 14g **TOTAL FAT** 19g **CARBOHYDRATES** 50g

FROM YOUR BOX

QUINOA KIT	1 packet
GREEN CAPSICUMS	2
RED CAPSICUMS	2
BROWN ONION	1
TOMATOES	2
LEMON	1/2 *
CONTINENTAL CUCUMBER	1
PARSLEY	1/3 bunch *
CASHEW CREAM CHEESE	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

If you have any unused vegetables in your fridge, eg, zucchini or tomato, now is a great time to utilise them. Add them to the roasting tray and stuff them with the excess filling.



1. COOK QUINOA

Set oven to 220°C.

Place quinoa and **2 cups water** in a saucepan. Cover and bring to a simmer over medium-high heat for 15 minutes. Take off heat and leave to sit for 5 minutes until water has absorbed.



2. ROAST CAPSICUMS

Cut tops off capsicums (reserve tops) and remove seeds. Place on a lined oven tray. Roast for 8-10 or the time it takes to prepare filling.



3. PREPARE FILLING

Heat a frypan over medium-high heat with **oil**. Dice onion, tomatoes and reserved capsicum tops, add to pan as you go, sauté for 5-6 minutes.

Add cooked quinoa to pan, stir to combine. Season with **salt and pepper**.



4. STUFF CAPSICUMS

Remove any liquid pooling in the bottom of your capsicums. Divide filling evenly into capsicums (see notes). Roast for 8-10 minutes.



5. PREPARE TOPPING

In a large bowl whisk together juice from half lemon with **1 tbsp olive oil, salt and pepper**.

Dice cucumber and chop parsley. Toss with prepared dressing.



6. FINISH AND PLATE

Mix cashew cream cheese with **3 tbsp water** to make a sauce.

Divide leftover stuffing among shallow bowls with roasted capsicums and fresh topping. Drizzle over cashew cream cheese.

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