



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Harissa

Harissa is a hot, aromatic paste made up of chilli and assorted spices and herbs. It's widely used in North African and Middle Eastern cuisines to flavour stews, soups, cous cous or even as a dip.



1 Harissa Lentils with Quinoa

Vegetables and lentils sautéed in harissa paste, served on a bed of quinoa topped with toasted almonds.

 30 mins

 4 servings

 Plant-Based

25 June 2021

Cool it!

Make a minty yoghurt dressing using your lemon, mint and some coconut yoghurt. Roughly chop the mint, add to bowl with 1/2 cup coconut yoghurt, squeeze in juice of half the lemon, stir to combine. Drizzle over your finished dish.

Per serve: **PROTEIN** 22g **TOTAL FAT** 25g **CARBOHYDRATES** 112g

FROM YOUR BOX

QUINOA+SPICE MIX	1 packet (280g)
GREEN BEANS	1 packet (250g)
LEEK	1
CHERRY TOMATOES	1/2 packet (200g) *
HARISSA PASTE	1
TINNED LENTILS	400g
LEMON	1/2 *
SICILIAN OLIVES	230g
ALMONDS	1/2 bag (65g)*
MINT	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, raw sugar (or sweetener of your choice)

KEY UTENSILS

large frypan with lid, frypan, saucepan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. COOK THE QUINOA

Place quinoa mix in a saucepan and cover with water. Bring to the boil and simmer for 15 minutes until tender. Drain and rinse, set aside.



2. PREPARE VEGETABLES

Trim and halve green beans, thinly slice leek and wash cherry tomatoes.



3. COOK THE VEGETABLES

Heat a frypan over medium-high heat with oil. Add the leek and sauté for 2-3 minutes. Add remaining vegetables, harissa paste and **1 1/2 tsp sugar**, cook, stirring, for 2-3 minutes.



4. ADD THE LENTILS

Pour in lentils (including the liquid). Slice lemon and add to pan as you go. Season with **salt and pepper**, simmer for 5-8 minutes partially covered. Stir through Sicilian olives.



5. TOAST THE ALMONDS

Heat a small frypan over medium-high heat. Roughly chop almonds. Toast for 5-8 minutes until golden brown.



6. FINISH AND PLATE

Divide quinoa into bowls, spoon over vegetables. Garnish with roughly torn mint, and sprinkle over almonds.

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**

