




### 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](mailto:hello@dinnertwist.com.au)

