



Product Spotlight: Watercress

Watercress is a real powerhouse of nutrients and is classed a superfood. Vitamin K is by far the most prominent nutrient which can help building strong bones and assist with blood clotting.



2 Smokey Bean Tray Bake

Smokey roast eggplant and tomatoes with beans on fluffy white quinoa, garnished with peppery watercress.



30 minutes



4 servings



Plant-Based

30 November 2020

Spice it up!

Add fresh herbs to the tray bake such as thyme, sage, oregano or rosemary. Whole garlic cloves are also really nice roasted in this dish!

Per serve: **PROTEIN** 19g **TOTAL FAT** 20g **CARBOHYDRATES** 68g

FROM YOUR BOX

ORGANIC QUINOA	1 packet (200g)
RED ONION	1
TOMATOES	3
RED CAPSICUM	1
YELLOW CAPSICUM	1
SMALL EGGPLANT	1
CANNELLINI BEANS	2 x 400g
SWEET CHILLI RELISH	1 tbsp *
WATERCRESS	1 sleeve

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt and pepper, balsamic vinegar, smoked paprika

KEY UTENSILS

oven dish, saucepan

NOTES

Rinse the watercress in a salad spinner before using.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse.



2. PREPARE THE VEGGIES

Wedge onion, quarter the tomatoes and chop capsicums. Dice eggplant. Add to a lined oven dish.



3. ADD THE BEANS & BAKE

Drain and add beans to tray bake. Combine 1 tbsp chilli relish, **2 tsp smoked paprika**, **3 tbsp balsamic vinegar** and **3 tbsp olive oil**. Toss through beans and veggies. Season with **salt and pepper** and bake in oven for 20 minutes until cooked through.



4. PREPARE WATERCRESS

Trim watercress (see notes). Lightly drizzle with **balsamic vinegar** and **olive oil**. Set aside.



5. FINISH AND PLATE

Divide quinoa and bean bake among plates. Garnish with watercress.

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**

