



Product Spotlight: Quinoa

Quinoa is an amazing superfood seed. Cooked like rice, it's mineral-rich, gluten-free & classed as a complete protein, containing all 9 essential amino acids. Amino acids are the building blocks of protein & play a crucial role in our bodies.



3 Smoked Tomatoes & Quinoa with Green Dressing

A wholesome quinoa platter with blanched greens, smoked tomatoes, crunchy cucumber and a creamy blended coriander dressing.

 30 minutes

 4 servings

 Plant-Based

21 December 2020

Spice it up!

Scatter over some toasted seeds or nuts to finish the dish off. Stretch the salad out and add any leftovers you may have in the fridge like olives, cherry tomatoes or salad leaves.

Per serve: **PROTEIN** 16g **TOTAL FAT** 27g **CARBOHYDRATES** 66g

FROM YOUR BOX

ORGANIC QUINOA	1 packet (200g)
BROCCOLI	1
CORIANDER	1/2 packet *
COCONUT YOGHURT	1/2 tub *
GARLIC	1/2 clove *
LEBANESE CUCUMBER	1
AVOCADOS	2
SMOKED TOMATOES	1 tub
SPROUTS	1 punnet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

salt and pepper, apple cider vinegar

KEY UTENSILS

large frypan, saucepan, stick mixer or blender

NOTES

If you don't have a stick mixer or blender you can add the coriander to the salad. Make a quick dressing by combining 1 tbsp vinegar of choice with coconut yoghurt and crushed garlic. Stir through water until it reaches a drizzling consistency.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 10–15 minutes or until tender. Drain and rinse.



2. BLANCH THE BROCCOLI

Fill a large frypan with water and bring to a simmer. Cut broccoli into small florets. Add to simmering water for 3–5 minutes until just tender. Drain, rinse under cold water and set aside.



3. MAKE THE DRESSING

Roughly chop coriander. Blend 1/2 (reserve 1/2 for garnish) with coconut yoghurt, 1/2 garlic clove, **1 tbsp vinegar** and **1 1/2 tbsp water** using a stick mixer or blender until smooth. Season with **salt and pepper** (see notes).



4. PREPARE THE SALAD

Slice cucumber and dice avocados. Drain tomatoes. Set aside with sprouts.



5. FINISH AND PLATE

Layer quinoa on a serving plate. Top with blanched broccoli and salad. Drizzle over dressing and garnish with coriander.

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

