



### Product Spotlight: Quinoa

Quinoa is an amazing superfood seed, cooked like rice. It is mineral-rich, gluten-free and classed as a complete protein, meaning it contains all nine essential amino acids. Protein plays a crucial role in our bodies and amino acids are the building blocks of it.



## Green Goddess Eggs

A wholesome quinoa platter with blanched greens, boiled eggs, crunchy cucumber and a creamy blended feta dressing.



30 minutes



2 servings



Vegetarian

### 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	TOTAL FAT	CARBOHYDRATES
	42g	51g	47g

## FROM YOUR BOX

ORGANIC QUINOA	100g
BROCCOLI	1
FREE RANGE EGGS	6 pack
CORIANDER	1 packet
FETA CHEESE	1 packet
GARLIC CLOVE	1
LEBANESE CUCUMBER	1
AVOCADO	1
SNOW PEA SPROUTS	1 packet

## FROM YOUR PANTRY

pepper, apple cider vinegar

## KEY UTENSILS

2 saucepans, stick mixer or blender

## NOTES

If you have a steamer basket, you can steam the broccoli on top of the quinoa as it cooks.

Use 1/2 garlic clove if you prefer less spice. If you don't have a stick mixer or blender you can add the coriander and feta to the salad. Make a quick vinaigrette with 2 tbsp vinegar of choice and 2 tbsp olive oil whisked together.



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### 1. COOK THE QUINOA

Place **quinoa** in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse. Press quinoa down into the sieve to squeeze out excess liquid.



### 2. BLANCH THE BROCCOLI

Fill a saucepan with water and bring to a simmer (see notes). Cut **broccoli** into florets and add to simmering water for 3–5 minutes until just tender. Remove with tongs or a slotted spoon to a colander and run under cold water (reserve boiling water).



### 3. COOK THE EGGS

Gently lower **eggs** into simmering water and cook for 7–8 minutes.



### 4. MAKE THE DRESSING

Roughly chop **coriander** (reserve some for garnish if you like!). Blend with crumbled **feta cheese**, **1/2–1 garlic clove**, **1 tbsp vinegar** and **1/2 cup water** using a stick mixer or blender until smooth (see notes). Season with **pepper**.



### 5. PREPARE THE SALAD

Slice **cucumber** and dice **avocado**.



### 6. FINISH AND SERVE

Drain, peel and halve eggs.

Layer quinoa in shallow bowls and top with blanched broccoli, salad ingredients, eggs and **snow pea sprouts**. Drizzle over dressing to taste.

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