



### 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.



## 3 Quinoa Biryani with Roasted Cashews

A popular Indian dish using quinoa in place of rice. Spiced quinoa with vegetables with a side of charred broccoli and a dollop of coconut yoghurt to finish.

 30 minutes

 4 servings

 Plant-Based

10 August 2020

## Speed it up!

*Chop the broccoli and add to the pan to cook along with the quinoa for a one pot dish if preferred!*

Per serve: **PROTEIN** 13g **TOTAL FAT** 15g **CARBOHYDRATES** 45g

## FROM YOUR BOX

RED ONION	1/2 *
TOMATOES	2
CARROT	1
QUINOA	1 packet (200g)
CORIANDER	1/2 packet *
CONTINENTAL CUCUMBER	1/2 *
BROCCOLI	1
ENGLISH SPINACH	1/2 bunch *
ROASTED CASHEWS	1/2 packet (50g) *
COCONUT YOGHURT	1 tub (120g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, ground turmeric, ground cardamom, cumin seeds, stock cube (1), garlic (1 clove)

## KEY UTENSILS

large frypan with lid, frypan or griddle pan

## NOTES

Stir the quinoa half way. If the quinoa is sticking to the bottom of the pan, reduce the heat slightly so it doesn't burn.

An easy way to rinse the spinach is to trim the leaves and soak them in a bowl of water. All the sand will fall to the bottom of the bowl.



### 1. SAUTÉ THE AROMATICS

Heat a large frypan over medium heat with **1 tbsp oil**. Slice and add onion along with **1 tsp turmeric**, **1/2 tsp cardamom** and **1 tsp cumin seeds**. Cook for 2-3 minutes until fragrant.



### 2. ADD VEGGIES & QUINOA

Wedge tomatoes and slice carrot into crescents. Add to pan as you go along with **1 crushed garlic clove** and **1 crumbled stock cube**. Add quinoa and **2 cups water**. Cover and simmer for 15 minutes until water is absorbed (see notes).



### 3. PREPARE THE TOPPING

Chop coriander. Deseed and dice cucumber. Toss together.



### 4. CHAR THE BROCCOLI

Heat a frypan or griddle pan over high heat. Slice the broccoli into steaks. Coat with **oil, salt and pepper**. Cook in pan for 5 minutes, turning, until charred. Take off heat and set aside.



### 5. STIR THROUGH SPINACH

Take quinoa off heat. Rinse and slice spinach (see notes). Stir through quinoa along with cashews. Season quinoa with **salt and pepper** to taste.



### 6. FINISH AND PLATE

Divide quinoa biryani and broccoli among plates. Garnish with coriander topping and serve with a dollop of yoghurt.

**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**

