



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: AVOCADO

Did you know that avocado is a fruit? Just 1/3 of an avocado contains 20 different vitamins and minerals! It is the only fruit to contain heart healthy monounsaturated fat...good fat!



# 1. SPICED QUINOA SALAD

Fluffy quinoa with apricots and turmeric along with sautéed fennel, fresh tomato and avocado, finished with a creamy cumin dressing.

 30 Minutes

 2 Servings

 Plant-based

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
40g	71g	61g

20 April 2020

## FROM YOUR BOX

QUINOA MIX	1 packet
FENNEL	1
COCONUT YOGHURT	1/2 tub *
AVOCADO	1
TOMATO	1
ROCKET LEAVES	1/2 bag (100g) *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), salt, pepper, cumin seeds (or ground cumin), white wine vinegar, ground turmeric

## KEY UTENSILS

saucepan with lid, frypan with lid

## NOTES

If you don't have cumin seeds you can use ground cumin instead. Add 1/2 tbsp olive oil to the frypan when cooking it off in step 2.

You can also add the tomatoes to the quinoa to cook if you prefer a warmer dish.



### 1. COOK THE QUINOA

Heat saucepan over medium heat with **1/2 tbsp oil**. Add quinoa mix, **1 tsp ground turmeric** and **1 cup water**. Simmer, covered, for 15-20 minutes until water is absorbed. Fluff with a fork and season with **salt and pepper**.



### 4. PREPARE THE DRESSING

Add coconut yoghurt to bowl with cumin seeds. Stir in **1 tbsp vinegar** and **2 tbsp water**. Season with **salt and pepper**.



### 2. TOAST THE CUMIN SEEDS

Meanwhile, add **2 tsp cumin seeds** to a dry frypan over medium-high heat. Toast for 1-2 minutes until fragrant (see notes). Remove to a small bowl (for dressing).



### 5. PREPARE THE FRESH INGREDIENTS

Slice avocado and wedge tomatoes. Set aside with rocket leaves.



### 3. COOK THE FENNEL

Add **oil** to pan. Slice fennel bulb. Add to pan as you go along with **1/2 tsp turmeric**. Cover and cook for 8-10 minutes until tender. Toss occasionally. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Divide quinoa, cooked fennel and salad among plates. Drizzle over dressing to taste.