



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

 4 Servings

 Plant-based

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
14g	42g	41g

20 April 2020

FROM YOUR BOX

QUINOA MIX	1 packet
BUTTERNUT PUMPKIN	1/2 *
FENNEL	1
COCONUT YOGHURT	1/2 tub *
FESTIVAL LETTUCE	1
AVOCADO	1
TOMATOES	2

* 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 tbsp oil**. Add quinoa mix, **2 tsp ground turmeric** and **2 cups water**. Simmer, covered, for 15-20 minutes until water is absorbed. Fluff with a fork and 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).



3. COOK THE VEGETABLES

Add **oil** to pan. Dice pumpkin (2cm) and slice fennel. Add to pan as you go along with **1 tsp turmeric**. Cover and cook for 8-10 minutes until tender. Toss occasionally. 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**.



5. PREPARE THE FRESH INGREDIENTS

Rinse and roughly tear lettuce leaves. Slice avocado and wedge tomatoes.



6. FINISH AND PLATE

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