




### Product Spotlight: Radishes

Radishes have a mild to hot peppery flavour & are used raw in salads but can also be pickled, boiled & fried. If the taste is too strong, slice & place in water for 30 minutes prior to eating!



## 3 Harissa Beans with Lime & Quinoa

A mixed bean tagine using the flavourful harissa spice mix, served on a bed of quinoa and finished with a dollop of yoghurt.

 25 mins

 2 servings

 Vegetarian

1 March 2021

## Spice it up!

*You can add some avocado to the salad or mashed with the yoghurt. Sprinkle over some dukkah or toasted pepita seeds for a more exciting finish.*

Per serve: **PROTEIN** 28g **TOTAL FAT** 31g **CARBOHYDRATES** 67g



## FROM YOUR BOX

ORGANIC QUINOA	100g
RADISHES	1/2 bunch *
SPINACH AND ROCKET LEAVES	1 bag (60g)
CARROT	1
SPRING ONIONS	2 *
TOMATOES	2
TINNED MIXED BEANS	400g
HARISSA SPICE MIX	1 packet
ALMONDS	1/2 packet *
LIME	1
NATURAL YOGHURT	1 tub (200g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper

## KEY UTENSILS

large frypan with lid, saucepan

## NOTES

If you prefer your beans to be slightly sweeter you can use honey or maple syrup to taste.

**Protein upsize add-on option is halloumi.** Slice halloumi and cook in a separate frypan with oil for 2–3 minutes each side until golden. Serve on the side.



### 1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse. Stir through **1/2 tbsp olive oil, salt and pepper**.



### 2. PREPARE THE SALAD

Wedge radishes. Toss together with spinach and rocket leaves. Set aside.



### 3. SAUTÉ THE VEGETABLES

Heat a frypan over medium heat with **1 tbsp olive oil**. Slice carrot and spring onions. Dice tomatoes and add to pan as you go. Stir in harissa spice mix and cook for 5 minutes until softened.



### 4. SIMMER THE BEANS

Stir through beans (including liquid in tin). Cover and simmer for 6–8 minutes. Season with **salt and pepper** (see notes).



### 5. FINISH AND PLATE

Divide quinoa, beans and salad among bowls. Chop almonds and use to garnish along with lime zest (wedge remaining lime). Serve with a dollop of yoghurt and lime wedge.

**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](mailto:hello@dinnertwist.com.au)

