



### Product Spotlight: Quinoa


Quinoa is a gluten-free seed that is high in protein and a great source of fibre.



## 2 Stuffed Capsicums with Beef and Quinoa

Quinoa spiced with ground turmeric, fenugreek leaves and cumin, stuffed into roasted capsicums with grass-fed beef mince and a fresh topping of cucumber, parsley and lemon juice.

 30 mins

 4 servings

 Beef

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### *Spice it up!*

*If you don't want to stuff the capsicums, you can simply slice them into strips, roast them in the oven for 10 minutes and add them to your beef and quinoa.*

Per serve: **PROTEIN** 41g **TOTAL FAT** 16g **CARBOHYDRATES** 43g

## FROM YOUR BOX

QUINOA KIT	1 packet
GREEN CAPSICUMS	2
RED CAPSICUMS	2
BEEF MINCE	600g
BROWN ONION	1
CELERY STALK	1
LEMON	1/2 *
CONTINENTAL CUCUMBER	1
PARSLEY	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried dill (or oregano), white wine vinegar

## KEY UTENSILS

large frypan, saucepan, oven tray

## NOTES

If you have any unused vegetables in your fridge, eg, zucchini, tomatoes, now is a great time to utilise them. Add them to the roasting tray and stuff them with the excess filling.

Dollop some yoghurt on top of your stuffed capsicums at serving if you have some in the fridge.

**No beef option - beef mince is replaced with chicken mince.** Increase cooking time to 8-10 minutes.



### 1. COOK QUINOA

Set oven to 220°C.

Place quinoa and **2 cups water** in a saucepan. Cover and bring to a simmer over medium-high heat for 15 minutes. Take off heat and leave to sit for 5 minutes until water has absorbed.



### 2. ROAST CAPSICUMS

Cut tops off capsicums (reserve tops) and remove seeds. Place on a lined oven tray. Roast for 8-10 minutes or the time it takes to prepare filling.



### 3. PREPARE FILLING

Heat frypan over medium-high heat with **oil**, add beef. Dice onion, celery and reserved capsicum, add to pan as you go. Cook for 5-8 minutes with **1/2 tsp dried dill**. Mix in cooked quinoa with **1/2 tbsp white wine vinegar**, season with **salt and pepper**.



### 4. STUFF CAPSICUMS

Remove any liquid pooling in the bottom of your capsicums. Divide filling evenly into capsicums (see notes). Roast for 8-10 minutes.



### 5. PREPARE TOPPING

In a large bowl whisk together juice from half lemon with **1 tbsp olive oil**, **salt** and **pepper**.

Dice cucumber and chop parsley. Toss in bowl with prepared dressing.



### 6. FINISH AND PLATE

Divide leftover stuffing among shallow bowls with roasted capsicums and fresh topping (see notes).

**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**

