




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

 4 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** 20g **TOTAL FAT** 12g **CARBOHYDRATES** 59g

FROM YOUR BOX

ORGANIC QUINOA	200g
RADISHES	1/2 bunch *
SPINACH AND ROCKET LEAVES	1 bag (120g)
CARROTS	2
SPRING ONIONS	1/3 bunch *
TOMATOES	2
HARISSA SPICE MIX	1 packet
TINNED MIXED BEANS	2 x 400g
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 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 **2 tbsp oil.** Slice carrots 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. Garnish with lime zest (wedge remaining). 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

