





Vegan Steaks Chilli and Lemon Quinoa Tabouleh Salad

 30-40min  2 Portions

Traditional tabouleh gets a modern twist here by using the ancient grain quinoa instead of burghul. Quinoa is low-GI, full of fibre and has a good hit of protein making it a great addition to vegetarian meals.

What we send

- coriander, mint, garlic, spring onion
- white quinoa
- paprika cumin mix (smoked paprika, cumin)
- plant based chick'n breast 1,6
- Lebanese cucumber
- rocket leaves
- lemon
- tomato

What you'll require

- caster sugar
- extra virgin olive oil
- salt and pepper

Utensils

- baking paper
- chargrill or frypan
- grater
- oven tray
- sieve
- small saucepan

- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Soy (6). May contain traces of other allergens.

Nutrition per serving

Energy 515.0kcal, Fat 23.1g, Proteins 21.5g, Carbs 47.4g



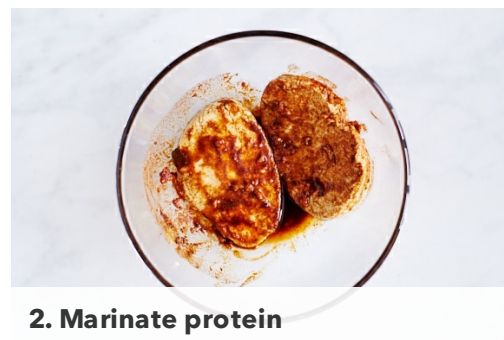
1. Cook quinoa

Rinse the **quinoa** thoroughly and place in a small saucepan with enough cold water to cover by 1cm. Bring to the boil then reduce heat and simmer, covered, for 10 mins. Remove from heat and stand, covered, for a further 5 mins.



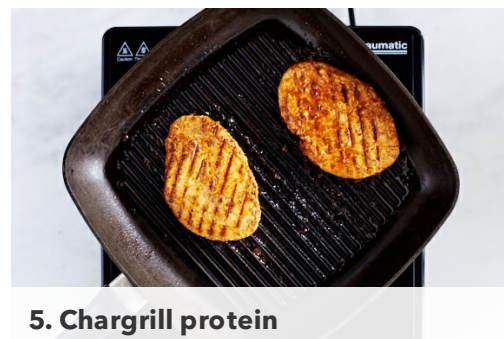
4. Cool quinoa

Spread **quinoa** on a lined tray and set aside to cool.



2. Marinate protein

Meanwhile, finely chop the **garlic**. Place in a bowl with 1 tbs **oil**, the **protein** and the **paprika cumin spice mix** and turn to coat. Stand for 5 mins for a quick marinade.



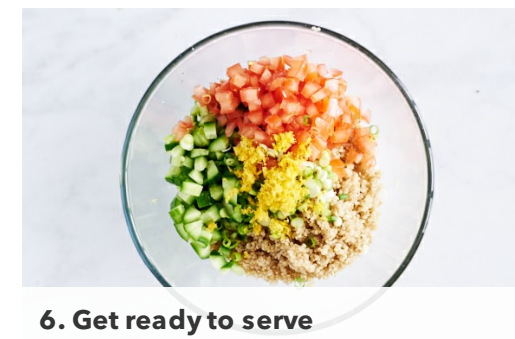
5. Chargrill protein

Heat a chargrill pan or frying pan over medium-high heat. Cook the **protein** for 1-2 mins each side until charred and cooked through.



3. Prepare salad

Thinly slice the **spring onions**. Finely chop the **tomato** and **cucumber**. Pick the **coriander** and **mint** leaves (discard stems) and finely chop. Zest and juice the **lemon** and place 2 tbs of **juice** in a bowl with ½ tsp **caster sugar**, **salt**, **pepper** and 1 tbs **oil**. Whisk to combine. Reserve half of the dressing for step 6.



6. Get ready to serve

Add the **quinoa** to the **dressing** in the large bowl. Add the **onion**, **tomato**, **cucumber**, **lemon**, **rocket** and most of the **herbs** and toss to combine. Serve with the **charred protein** and drizzle with the remaining dressing. Scatter over remaining herbs.