



Vegetable Quinoa Masala

with Citrus Honey Dressing



20-30min



4 Portions

This vego dish has it all - heritage grains, toasted nuts and a medley of herbs and vegetables. We've taken inspiration from India, where dishes are brought to life with fragrant spice blends, such as garam masala, and served with thick yoghurt to cut through the richness and bring all the flavours together.

What we send

- Greek yoghurt ⁷
- white quinoa
- carrots, red capsicum, zucchini, lemon
- almond slivers ¹⁵
- ginger, coriander, red chilli red
- garam masala ¹⁷

What you'll require

- Australian honey
- sea salt and pepper
- vegetable oil
- water

Utensils

- medium frypan
- medium saucepan
- paper towel

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 585kcal, Fat 24.3g, Carbs 64.1g, Proteins 18.4g



1. Prepare yoghurt

Rinse the **quinoa** well in a sieve, then put in a medium saucepan. Line the sieve with paper towel. Stir **½ tsp salt** into the **yoghurt** then spoon into the lined sieve. Chill for at least 15 mins (this will thicken the yoghurt to a curd-like consistency).



2. Cook quinoa

Meanwhile, add the **water** (see staples list) to the quinoa and bring to a simmer. Cover with a lid and reduce the heat to low. Cook for 12 mins or until the water has absorbed and quinoa is tender. Turn off the heat and stand, covered, for 5 mins.



3. Prepare vegetables

While the quinoa is cooking, peel and finely grate the **ginger**. Peel and halve the **carrots** lengthwise, then thinly slice. Cut the **capsicums** into 2cm chunks, discarding the seeds and white membrane. Trim and halve the **zucchini** lengthwise, then thinly slice. Finely chop the **coriander**, including the stems.



4. Prepare dressing

Finely grate **lemon** zest, then juice. Finely chop the **chillies** removing seeds if less heat is desired. Put the **lemon zest, 60ml (¼ cup) juice**, the **chilli, honey** and **1 tbs oil** in a bowl. Season with **salt and pepper** and stir to combine. Put **almonds** in a cold large frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from pan.



5. Cook vegetables

Heat the **remaining 1 tbs oil** in the same pan over medium heat. Add the **ginger** and cook, stirring, for 1 min or until fragrant. Add the **carrot** and **capsicum** and cook, stirring, for 3 mins. Add the **zucchini** and cook for a further 1 min. Add the **garam masala** and cook for a further 2 mins or until the vegetables are tender.



6. Get ready to serve

Remove the pan from the heat. Add the **quinoa, dressing** and **coriander** to the pan and toss to combine. Divide among bowls and scatter with the **almonds**. Serve with the thickened **yoghurt**.

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from at least 30%
Australian ingredients