



Quinoa and Mint Salad

with Goat's Curd and Borlotti Beans



20-30min



2 Portions

For a healthy dinner that'll keep you going all night, look no further than this nourishing grain bowl. Simply toss nutty quinoa and creamy borlotti beans with bright green beans, peas, spring onion and spinach, plus fragrant mint. Finished off with goat's curd and a tangy lemon dressing, this delicious vegetarian meal has it all.

What we send

- lemons
- mint, spring onion
- borlotti beans
- white quinoa
- green beans
- peas
- baby spinach leaves
- goat's curd ⁷

What you'll require

- extra virgin olive oil
- mustard ¹⁷
- sea salt and pepper
- sugar
- water

Utensils

- medium saucepan
- sieve

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

Cooking tip

It's important to rinse the quinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy.

Allergens

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

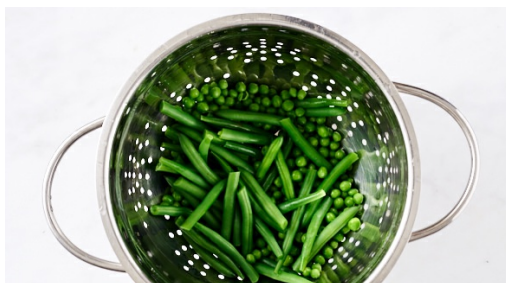
Nutrition per serving

Energy 640kcal, Fat 23.9g, Carbs 71.7g, Proteins 24.8g



1. Cook quinoa

Rinse the **quinoa** well in a sieve (see cooking tip). Put quinoa and **280ml water** in a medium saucepan and bring to a simmer. Cover with a lid, reduce heat to low and cook for 12 mins or until the water has absorbed and quinoa is tender. Turn off the heat and allow to stand, covered, for 5 mins. Fluff with a fork, transfer to a large bowl and set aside to cool.



4. Drain vegetables

Drain the **vegetables** and refresh under cold water. Shake dry.



2. Prepare vegetables

Meanwhile, bring a medium saucepan of salted water to the boil for the vegetables. Trim and thinly slice the **spring onion**. Pick the **mint** leaves and coarsely chop half, reserving remaining leaves to serve. Finely grate the zest of **half the lemon**, then juice the half (reserving remaining half for another use). Trim and halve the **green beans**.



5. Make dressing

Meanwhile, put the **lemon juice, 2 tbs extra virgin olive oil, 1 tsp wholegrain mustard** and **¼ tsp sugar** in a small bowl, season with **salt and pepper** and whisk to combine.



3. Cook vegetables

Cook the **green beans** in the pan of boiling water for 2 mins. Add the **peas** and cook for a further 1 min or until the vegetables are tender.



6. Get ready to serve

Drain and rinse **borlotti beans**. Combine **goat's curd** and **½ tsp lemon zest** in a small bowl and season with **salt and pepper**. Add **spring onion, green beans, peas, chopped mint, spinach, dressing** and **half the borlotti beans** (reserve remainder for another use) to the **quinoa** and toss to combine. Divide **salad, lemon goat's curd** and **mint leaves...**

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