



## Smoky Quinoa Bowl

with Feta, Zucchini and Peas



20-30min



2 Portions

Quinoa is delicious plain, but drizzled with a paprika and balsamic vinegar dressing, the nutty wholegrain becomes smoky, sweet and tangy. Paired with thin ribbons of zucchini, fresh snow pea sprouts, crunchy almonds and creamy feta, this hearty salad is the perfect summer meal.

## What we send

- quinoa
- zucchini
- garlic, mint
- snow pea shoots
- feta <sup>7</sup>
- smoked paprika
- green peas
- cherry tomatoes
- slivered almonds <sup>15</sup>

## What you'll require

- balsamic vinegar <sup>17</sup>
- extra virgin olive oil
- sea salt and pepper
- sugar
- water

## Utensils

- medium frypan
- medium saucepan
- sieve
- small saucepan

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

## Cooking tip

Rinsing the quinoa well removes the natural coating called saponin, which can make it taste bitter or soapy.

## Allergens

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

## Nutrition per serving

Energy 785kcal, Fat 42.3g, Carbs 63.4g,  
Proteins 29.7g



### 1. Cook quinoa

Put the **quinoa** in a sieve, rinse well under running water and drain (see cooking tip). Put in a medium saucepan with **250ml (1 cup) water** 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.



### 4. Prepare toppings

Cut the **snow pea sprouts** into thirds. Pick and coarsely chop the **mint** leaves. Drain the **feta** and crumble. Put the **almonds** in a cold small frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the heat.



### 2. Make dressing

Meanwhile, crush or finely chop the **garlic**. Put the garlic, **½ tsp smoked paprika** (reserve remainder for another use), **2 tbs extra virgin olive oil**, **1 tbs balsamic vinegar** and **¼ tsp sugar** in a small bowl. Season with **salt and pepper** and whisk to combine.



### 5. Dress quinoa

Pour **half the dressing** over the **quinoa** and stir well to combine.



### 3. Prepare vegetables

Rinse the **peas**. Trim the **zucchini**, then cut into thin ribbons with a vegetable peeler or sharp knife. Halve the **tomatoes**.



### 6. Get ready to serve

Put the **quinoa**, **peas**, **zucchini**, **tomato**, **snow pea shoots**, **mint** and **half the almonds** in a large bowl. Season with **salt and pepper** and combine well. Divide among bowls and scatter with the **feta** and **remaining almonds**. Drizzle over the **remaining dressing** to serve.