

# DINNERLY



## Spanish-Style Quinoa with Haloumi



20-30 minutes



2 Servings

For next-level quinoa, toss it with cherry tomatoes cooked in garlic and fragrant Spanish spices, then stir in peas and top it with haloumi that's pan-fried until lovely and golden.

## WHAT WE SEND

- 150g white quinoa
- 250g cherry tomatoes
- 180g haloumi <sup>7</sup>
- 2 vegetable stock cubes
- 150g green peas
- 5g Spanish spice blend <sup>17</sup>

## WHAT YOU NEED

- boiling water
- garlic clove
- olive oil
- sea salt and pepper

## TOOLS

- medium frypan
- sieve

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

## 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 605kcal, Fat 28.5g, Carbs 53.1g, Proteins 27.7g



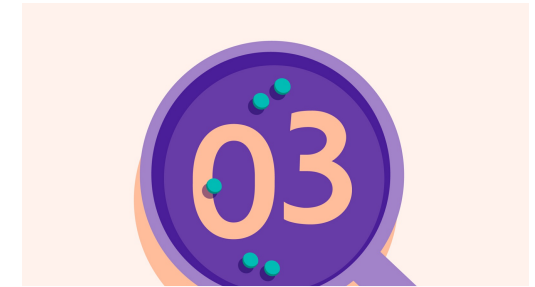
### 1. Make stock

Crumble **1 stock cube** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **250ml (1 cup) boiling water** and stir to dissolve. Put the **quinoa** in a sieve, then rinse well and drain (see cooking tip).



### 2. Cook quinoa

Put the **quinoa** and **stock** in a medium saucepan 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 the quinoa is tender. Turn off the heat, stir in the **peas** and allow to stand, covered, for 5 mins.



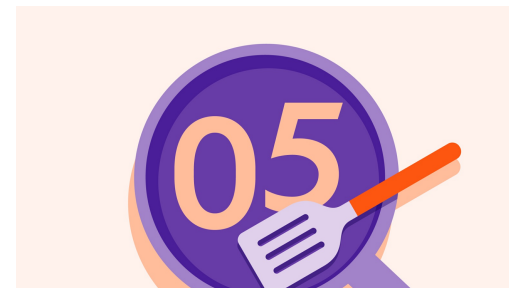
### 3. Cook haloumi

Meanwhile, thinly slice **2 garlic cloves**. Cut the **cherry tomatoes** in half. Cut the **haloumi** into 1cm-thick slices. Heat **2 tsp olive oil** in a medium frypan over medium heat. Cook the **haloumi** for 2 mins each side or until golden. Remove from the pan and cover to keep warm.



### 4. Cook vegetables

Heat **1 tbs olive oil** in the same pan over medium heat. Cook the **garlic** and **cherry tomatoes**, stirring, for 1-2 mins until softened. Add **1½ tsp Spanish spice blend** (the remaining spice blend won't be used in this dish) and cook for 30 seconds or until fragrant.



### 5. Serve up

Add the **quinoa and pea mixture** to the frypan, season with **salt and pepper** and toss to combine. Divide the **Spanish-style quinoa** and **haloumi** among plates to serve.



### 6. Make it yours

If you have a lemon handy, serve the quinoa with lemon wedges for squeezing over.