





## Quinoa and Kale Pilaf

with Baharat, Cauliflower and Apricots

 20-30min  4 Portions

Baharat is from the Arabic word for 'spices' and there's no exact formula for this dried spice mix; it varies from country to country. But warming allspice, cardamom, cassia, clove, coriander and cumin are typically all used and baharat often stars in meat dishes. But it works brilliantly here, with the robust/nutty flavours of kale, cauliflower, garlic, quinoa and roasted seeds; the hint of dr...

## What we send

- baharat spice blend
- cauliflower
- coriander, garlic
- red onion
- kale
- white quinoa
- lemon
- sunflower seed kernels
- white sesame seeds <sup>11</sup>
- dried apricots <sup>17</sup>

## What you'll require

- olive oil
- sea salt and pepper
- water

## Utensils

- baking dish
- medium frypan
- medium saucepan with lid
- 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

Sesame (11), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 610kcal, Fat 29.9g, Carbs 57.6g, Proteins 19.6g



**1. Roast cauliflower**

Preheat the oven to 220C. Cut the **cauliflower** into small florets. Put the cauliflower in a large baking dish. Add **1 tbs olive oil**, the **baharat spice blend** and season with **salt and pepper**. Toss the cauliflower to coat, then roast for 10 mins.



**4. Prepare ingredients**

Meanwhile, thinly slice the **onion**. Crush or finely chop the **garlic**. Finely chop the **coriander**, including the stems. Finely grate the **lemon** zest, then juice.



**2. Prepare kale**

Remove the **kale leaves**, discarding the stalks, then thinly slice. Add to the **cauliflower** and roast for a further 10 mins or until the kale is golden and crisp and the cauliflower is tender.



**5. Start pilaf**

Put the **sunflower seeds** in a cold medium frypan over medium heat. Toast, tossing, for 1 min. Add the **sesame seeds** and toast, tossing, for a further 1-2 mins until evenly golden. Remove from the pan. Heat **1 tbs olive oil** in the pan over medium heat. Cook the **onion, garlic** and **lemon zest** for 5 mins or until softened. Season with **salt and pepper**.



**3. Cook quinoa**




Meanwhile, put the **quinoa** in a sieve, rinse well and drain (see cooking tip). Put the quinoa and **500ml (2 cups) water** in a medium saucepan and bring to a simmer. Cover with a lid and reduce heat to low. Cook for 12 mins or until the water is absorbed and the quinoa is tender.



**6. Get ready to serve**

Transfer to a large bowl and stir in the **quinoa, cauliflower and kale, coriander, apricots, lemon juice, half the seed mixture** and **2 tbs olive oil**. Season with **salt and pepper**. Stir until evenly combined. Divide the **quinoa and kale pilaf** among plates and scatter over the **remaining seeds** to serve.

Customer Service: **02 6145 2910** Email: [contact@marleyspoon.com.au](mailto:contact@marleyspoon.com.au)

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