

DINNERLY

Haloumi Grain Bowl with Quinoa, Kale and Raisins



20-30 minutes



2 Servings

This grain bowl, loaded with greens, doused in a sweet lemon dressing and topped with golden slices of haloumi, is equal parts oh so good and good for you.

WHAT WE SEND

- 1 head broccoli
- 40g dried raisins
- 180g haloumi ⁷
- 125g quinoa
- 200g kale
- 1 lemon

WHAT YOU NEED

- boiling water
- Dijon mustard ¹⁷
- garlic clove
- Australian honey
- olive oil
- olive oil spray

TOOLS

- fine grater
- medium frypan
- sieve
- small saucepan with lid

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

COOKING TIP

To keep within our healthy guidelines only 100g quinoa is used (the remaining quinoa won't be used in this dish). However, it would be equally delicious if you decide to add all the quinoa.

ALLERGENS

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

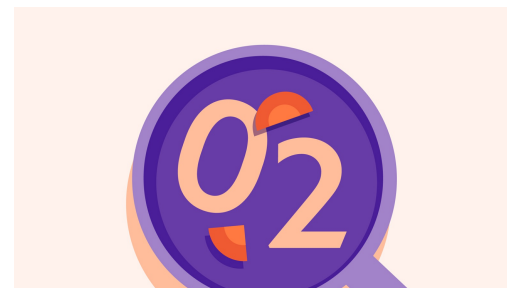
NUTRITION PER SERVING

Energy 590kcal, Fat 23.8g, Carbs 51.6g, Proteins 34.8g



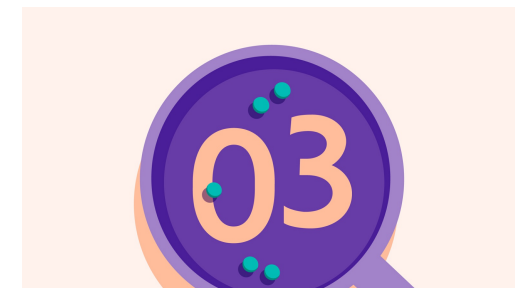
1. Cook quinoa

Rinse **100g (½ cup) quinoa** well (see cooking tip). Put quinoa and **180ml (¾ cup) water** in a small saucepan and bring to a simmer. Cover with a lid and reduce the heat to low. Cook for 7 mins, then add the **raisins** and cook for a further 5 mins or until the water has absorbed and the quinoa is tender. Turn off the heat and allow to stand, covered, for 5 mins.



2. Prep ingredients

Meanwhile, coarsely grate the **broccoli**, including the stem. Discard the centre stems from the **kale** and finely shred the leaves. Zest and juice **half the lemon** (the remaining lemon won't be used in this dish). Crush **1 garlic clove**. Cut the **haloumi** into thick strips.



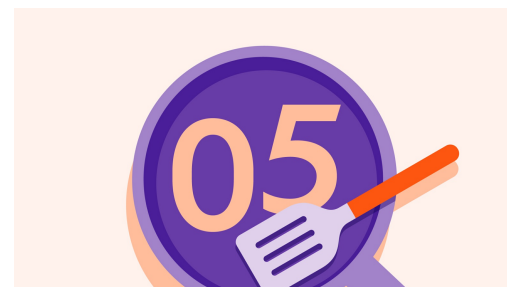
3. Cook haloumi and greens

Lightly spray or brush a medium frypan with **olive oil**. Heat over medium-high heat. Cook the **haloumi** for 1 min each side or until golden. Remove and re-spray the pan. Cook the **broccoli**, stirring, for 2 mins or until tender. Remove and re-spray the pan. Add the **kale** and **1 tbs water**, season with **salt and pepper** and cook, stirring, for 3 mins or until wilted.



4. Make dressing

Meanwhile, put the **garlic, lemon zest, 1 tbs lemon juice, 2 tsp olive oil, 1 tsp honey** and **1 tsp Dijon mustard** in a small bowl and whisk to combine.







5. Serve up

Put the **broccoli, quinoa, kale, raisins** and **half the dressing** in a large bowl and toss to combine. Divide the **salad** among bowls, then top with the **haloumi** and drizzle with the **remaining dressing** to serve.



6. Make it yours

This salad is delicious served hot or cold so it can be made ahead, or eaten the next day for lunch. And the green goodness can be upped with some sliced avocado.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
View the recipe online by visiting your account at dinnerly.com.au     **#dinnerly**

 **Packed in Australia**
from at least **50%**
Australian ingredients