

DINNERLY

Haloumi Grain Bowl with Quinoa, Kale and Raisins



20-30 minutes



4 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

- 250g quinoa
- 400g kale
- 1 lemon
- 2 heads broccoli
- 250g haloumi ⁷
- 2 x 40g dried raisins

WHAT YOU NEED

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

TOOLS

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

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

COOKING TIP

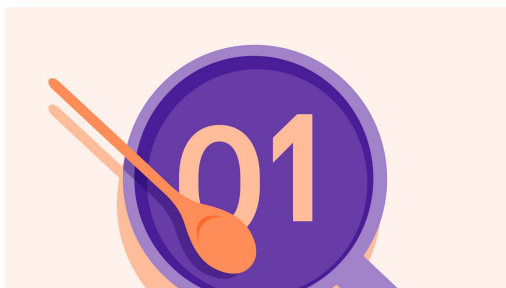
To keep within our healthy guidelines only 200g quinoa is used (the remaining quinoa won't be used in this dish). However, it would be equally delicious if you decide to add all the quinoa.

ALLERGENS

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

NUTRITION PER SERVING

Energy 540kcal, Fat 21.4g, Carbs 51.1g, Proteins 28.9g



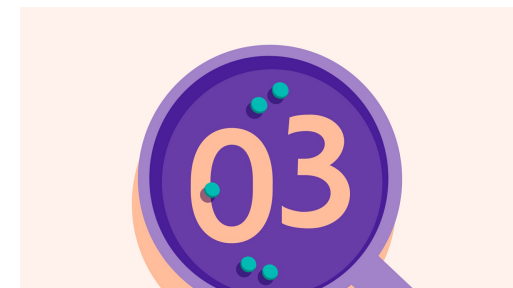
1. Cook quinoa

Rinse **200g (1 cup) quinoa** well (see cooking tip). Put quinoa and **375ml (1½ cups) water** in a medium 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 stems. Discard the centre stems from the **kale** and finely shred the leaves. Zest and juice the **lemon**. Crush **2 garlic cloves**. Cut the **haloumi** into thick strips.



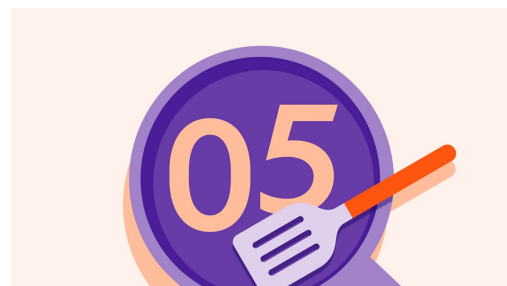
3. Cook haloumi and greens

Lightly spray or brush a large 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 **2 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, 2 tbs lemon juice, 1½ tbs olive oil, 2 tsp honey** and **2 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.