

MARLEY SPOON



Super Grain Salad Bowl

with Hazelnut and Summer Herbs



20-30min



4 Portions

There's a surprise lurking under that flavoursome pile of golden vegetables; a bed of fluffy quinoa, spiked with hazelnuts, seeds and nuggets of sweet dates. An easy honey dressing and a squeeze of lemon, fresh herbs round out the flavour nicely.

What we send

- onion
- pitted dates
- coriander, mint
- quinoa
- zaatar spice blend ¹¹
- hazelnuts ¹⁵
- sunflower seeds
- poppy seeds
- lemon
- capsicum
- zucchini
- eggplant

What you'll require

- balsamic vinegar ¹⁷
- Australian honey
- olive oil
- sea salt and pepper
- water
- white wine vinegar ¹⁷

Utensils

- baking paper
- medium saucepan with lid
- oven tray
- sieve

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

Allergens

Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 760kcal, Fat 35.7g, Carbs 79.2g, Proteins 22.4g



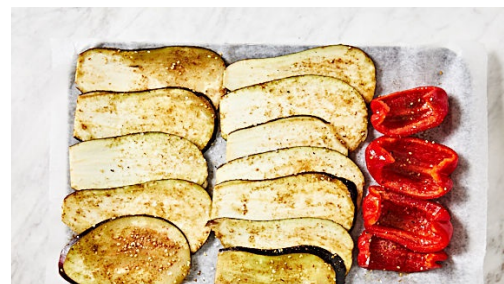
1. Prepare vegetables

Heat the oven to 220C. Line 3 oven trays with baking paper. Trim the **eggplants** and **zucchini**, then cut lengthwise into 5mm thick slices. Quarter the **capsicum**, discarding the seeds and membrane. Combine **2 tbs extra virgin olive oil**, the **zaatar** and **salt and pepper** in a large bowl. Add the vegetables and turn to coat.



4. Make dressing

While the quinoa is cooking, thinly slice the **onion** and put in a bowl. Add **2 tsp white wine vinegar** and toss to coat. Put **1 tbs extra virgin olive oil**, **2 tsp balsamic vinegar**, **1 tsp honey** and **salt and pepper** in a small bowl and stir to combine well. Set aside.



2. Roast vegetables

Put the **eggplant** and **capsicum** on a lined oven tray and put the **zucchini** on another tray. Roast the vegetables for 12-15 mins until tender and golden then remove from the oven. Meanwhile, put the **quinoa** in a sieve then rinse well and drain (it's important to rinse quinoa well to remove the natural coating called saponin, this can taste bitter or soapy).



5. Toast nuts and seeds

Coarsely chop the **hazelnuts**. Put on the remaining oven tray with the **sunflower seeds** and toast for 5 mins or until golden. Meanwhile, coarsely chop the **dates**. Coarsely chop the **coriander** and **mint** leaves, discarding stems.



3. Cook quinoa

Put the quinoa and **500ml (2 cups) water** in a medium saucepan and bring to a simmer. Cover and reduce the heat to low. Cook for 12 mins or until the water is absorbed and the quinoa is tender. Transfer to a large bowl and season with **salt and pepper**.



6. Get ready to serve

Cut the **lemon** into wedges. Stir the **chopped herbs**, **toasted nuts and seeds**, **dates**, **pickled onion** and **dressing** into the quinoa. Stir to combine. Divide the **quinoa** and **roasted vegetables** among bowls. Scatter over the poppy seeds and serve with the **lemon wedges**.