

# MARLEY SPOON



## Summer Quinoa Grain Bowl

with Avocado, Hazelnuts and Mint



20-30min



4 Portions

Warm summer nights call for fuss-free meals and this bowl full of grain goodness is just the ticket. High in protein, fluffy quinoa soaks up the smoked paprika dressing while mint and lemon gives punchy freshness to the salad. Avocado adds creaminess and the crunch of toasty hazelnuts is the finishing touch.



## What we send

- smoked paprika
- cherry tomatoes
- avocado
- lemon
- quinoa
- zucchini
- mint, garlic
- peas
- hazelnuts <sup>15</sup>

## What you'll require

- balsamic vinegar <sup>17</sup>
- extra virgin olive oil
- sea salt and pepper
- sugar
- water

## Utensils

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

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

## Cooking tip

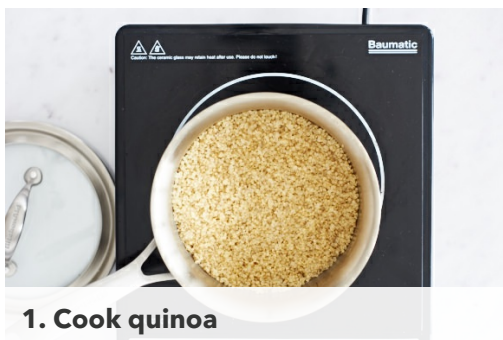
It's important to rinse quinoa to remove the natural coating called saponin, which can make it taste bitter. If a milder garlic flavour is preferred, use half of the garlic clove in the dressing.

## Allergens

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

## Nutrition per serving

Energy 695kcal, Fat 42.8g, Carbs 50.0g, Proteins 19.2g



### 1. Cook quinoa

Put the **quinoa** in a sieve, then rinse well and drain (see cooking tip). Put in a medium saucepan with **420ml water** and bring to a simmer. Cover with a lid and reduce the heat to low. Cook for 15 mins or until the water has absorbed and quinoa is tender. Turn off the heat and allow to stand, covered, for 5 mins.



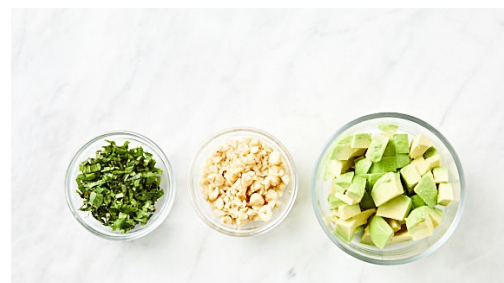
### 4. Prep ingredients

Trim the **zucchini**, then peel into ribbons using a vegetable peeler. Halve the **cherry tomatoes**. Cut the **lemon** into wedges. Add the **peas** to the pan of boiling water, return to the boil and cook for 1 min. Drain and refresh under cold water.



### 2. Make dressing

Meanwhile, chop the **garlic** (see cooking tip), then press with the flat side of a knife to finely mince. Put the **garlic**, **1 tsp smoked paprika** (the remaining paprika won't be used in this dish), **2 tbs extra virgin olive oil**, **2 tbs balsamic vinegar** and **½ tsp sugar** in a bowl, season with **salt and pepper** and whisk to combine.



### 5. Chop ingredients

Coarsely chop the **mint** leaves, discarding the stems. Coarsely chop the **hazelnuts**. Cut the **avocado** flesh into 1cm chunks.



### 3. Dress quinoa

Line an oven tray with baking paper. Pour **half the dressing** over the **quinoa**. Stir well to combine, then spread over the lined tray to cool. Rinse the saucepan, fill with water and bring to the boil for the peas.



### 6. Get ready to serve

Combine the **quinoa**, **zucchini**, **tomato**, **peas**, **mint** and **hazelnuts** in a large bowl, season with **salt and pepper** and toss to combine. Divide the **quinoa salad** and **avocado** among bowls. Drizzle over the **remaining dressing** and serve with the **lemon wedges**.