

MARLEY SPOON



Quinoa Vitality Bowl

with Sundried Tomatoes and Fennel

 20-30min  2 Portions

In the mood for some superfood? This vegetarian dinner unites the goodness of quinoa in a wholesome bowl with sweet caramelised fennel, tasty sundried tomatoes and lots of herbs, then simply finished off with some cumin, lemon and walnuts. Delish!

What we send

- mint
- walnuts ¹⁵
- lemon
- ground cumin
- edamame ⁶
- semi-dried tomatoes
- dill
- coriander
- baby fennel
- quinoa

What you'll require

- balsamic vinegar ¹⁷
- olive oil
- salt and pepper

Utensils

- large frypan
- sieve

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

Allergens

Soy (6), Tree Nuts (15), Sulphites (17).
May contain traces of other allergens.

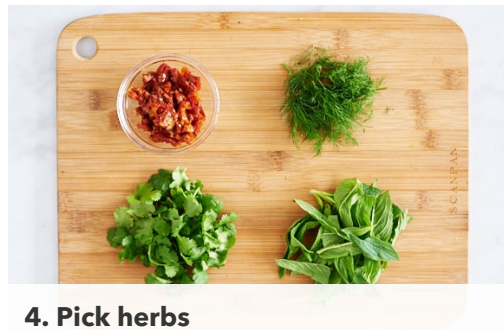
Nutrition per serving

Energy 670kcal, Fat 37.3g, Carbs 58.0g,
Proteins 18.2g



1. Cook quinoa

Rinse the **quinoa** in a sieve. Place in a small saucepan with 375ml (1½ cups) water and a pinch of **salt**. Bring to the boil. Reduce heat and simmer, covered, for 15 mins or until water is absorbed and quinoa is tender. Remove from the heat, fluff with a fork to loosen grains and keep covered until ready to serve.



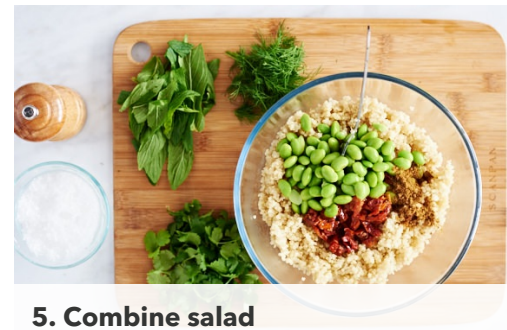
4. Pick herbs

Bring a kettle to the boil. Pick **herb** leaves (discard stems) and coarsely chop any large leaves, keeping a few whole leaves and sprigs to garnish. Coarsely chop the **sundried tomatoes**.



2. Brown fennel

Thinly slice the **fennel** through the core. Heat 1 tbs **oil** in a large frypan over medium-high heat. Add half the fennel and cook for 4 mins or until well browned on each side. Repeat with 1 tbs oil and remaining fennel.



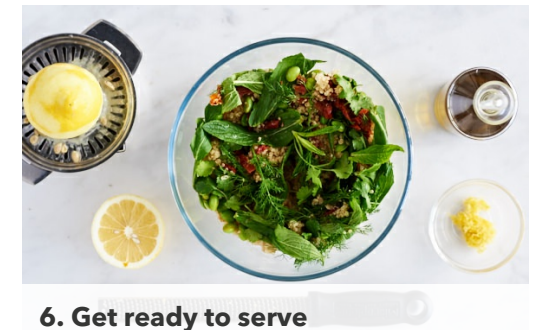
5. Combine salad

Place the **edamame** in a heatproof bowl and cover with boiling water. Stand for 1-2 mins, then drain and refresh. Place the **quinoa**, edamame, **cumin**, **herbs** and **sundried tomatoes** in a large bowl. Season with **salt** and **pepper** and toss to combine.



3. Cook fennel

Return all the **fennel** to the pan with 2 tbs **balsamic vinegar** and a little **salt**. Cook over low heat for 2 mins or until tender and brown. Remove from heat.



6. Get ready to serve

Zest and juice half the **lemon** (you will need 2 tbs) directly over the **salad**. Stir through 2 tbs **oil**. Arrange the **fennel** over the salad and sprinkle with reserved **herbs** and **walnuts**.