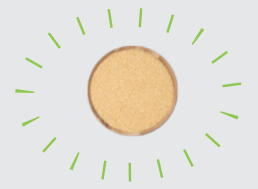




# MEDITERRANEAN QUINOA BOWL

with Fetta & Chargrilled Capsicum Dip



Master perfectly cooked quinoa



Red Capsicum



Zucchini



Cucumber



Lemon



Parsley



Fetta



Kalamata Olives



Quinoa



Vegetable Stock



Pepitas



Chargrilled Capsicum Dip

*Pantry Staples: Olive Oil, Water, Honey*

Hands-on: **20** mins  
Ready in: **25** mins

This Mediterranean inspired bowl is equal parts sweet and smokey. And with so many big, bold flavours at play, you can banish memories of bland quinoa forever.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **sieve**, **medium saucepan** with a **lid**, **medium frying pan**, **wooden spoon** and a **medium bowl**.



### 1 GET PREPPED

Finely chop the **red capsicum**. Dice the **zucchini**. Dice the **cucumber**. Slice the **lemon** into wedges and juice until you have **1 tbs for 2 people/2 tbs for 4 people**. Finely chop the **parsley** leaves. Slice the **fetta** into cubes. **TIP:** You can crumble the **fetta** to save time if you like. Roughly chop the **Kalamata olives**.



### 2 COOK THE QUINOA

Rinse the **quinoa** well. Place the quinoa and the **water (check ingredients list for the amount)** in a medium saucepan and crumble in the **vegetable stock** cube. Cover with a lid and bring to the boil. Once boiled, remove the lid and reduce to a medium heat. Simmer, uncovered, for **8-10 minutes**, or until the quinoa is tender, has a slight bite and the water has absorbed. Drain any excess water.



### 3 COOK THE VEGGIES

While the quinoa is cooking, heat a medium frying pan over a medium-high heat. Add the **pepitas** and toast, stirring, for **3-4 minutes**, or until golden. Remove from the pan and set aside. Return the pan to the heat and add a **drizzle of olive oil**. Add the **red capsicum** and **zucchini** and cook for **5 minutes**, or until softened. Remove the pan from the heat.



### 4 MAKE THE DRESSING

In a medium bowl, add the **lemon juice**, **honey**, a **drizzle of olive oil** and the **parsley**. Season with a **pinch of salt** and **pepper** and mix well.



### 5 DRESS THE QUINOA

Add the **quinoa**, **red capsicum** and **zucchini** into the bowl with the lemon-parsley dressing and toss to combine.



### 6 SERVE UP

Divide the Mediterranean quinoa between bowls and top with the cucumber, fetta, Kalamata olives and **chargrilled capsicum dip**. Sprinkle over the toasted pepitas and serve any remaining lemon wedges on the side.

ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red capsicum	1	2
zucchini	1	2
cucumber	1	2
lemon	1	2
parsley	1 bunch	1 bunch
fetta	1 block (50 g)	1 block (100 g)
Kalamata olives	1 tub (50 g)	1 tub (100 g)
quinoa	1 packet (½ cup)	2 packets (1 cup)
water*	1 ½ cups	3 cups
vegetable stock	½ cube	1 cube
pepitas	1 packet (2 tbs)	2 packets (4 tbs)
honey*	½ tsp	1 tsp
chargrilled capsicum dip	1 tub (2 tbs)	2 tubs (4 tbs)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2030kJ (485Cal)	324kJ (77Cal)
Protein (g)	21.5g	3.4g
Fat, total (g)	21.5g	3.4g
- saturated (g)	6.0g	1.0g
Carbohydrate (g)	53.2g	8.5g
- sugars (g)	9.2g	1.5g
Sodium (g)	1050mg	167mg

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2017 | WK45

HelloFRESH