



Everything But The Chef

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Super Green Quinoa

Save this meal up for a hump day when you're feeling low. It's ready in a scant 30 minutes and is so packed full of superfood nourishment you'll be feeling satisfied and rejuvenated in no time. Healthy and wholesome shouldn't mean boring though - red chilli, nutty sesame oil and zingy lime juice will have your taste buds dancing with delight. To complete the satisfaction go ahead and Instagram your masterpiece with #HelloFreshAU. Talk about #blessed!

Prep: 10 mins
Cook: 20 mins
Total: 30 mins
 level 1
 gluten free
 spicy

Pantry Items



Quinoa



Brocolini



Baby Spinach



Zucchini



Garlic



Birdseye Chilli



Lime



Haloumi

2P	4P	Ingredients
½ cup	1 cup	quinoa, rinsed
3 cups	6 cups	water *
1 bunch	2 bunches	broccolini, cut into thirds
2 tsp	1 tbs	olive oil *
½ bag	1 bag	baby spinach, washed
1	2	zucchini, grated & excess moisture removed
1 clove	2 cloves	garlic, peeled & crushed
½	1	birdseye chilli, deseeded & sliced
1 tsp	2 tsp	sesame oil *
1	2	lime, cut into wedges
½ packet	1 packet	haloumi, sliced

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2060	Kj
Protein	25.1	g
Fat, total	21.7	g
-saturated	9.1	g
Carbohydrate	49.1	g
-sugars	4.4	g
Sodium	675	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chef's knife, chopping board, box grater, medium saucepan, sieve and a medium frying pan.

1 Place the **quinoa** and the **water** in a medium saucepan over a medium-high heat and bring to the boil. Reduce the heat to medium and simmer for **12 minutes**. Add the **broccolini** and cook for a further **2 minutes** or until tender. Drain really well.

2 Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **baby spinach** and **zucchini** and cook, stirring, for **2 minutes** or until the veggies are soft. Add the **garlic** and **birdseye chilli** and cook, stirring, for **1 minute** or until fragrant. Add the quinoa, broccolini, **sesame oil** and the juice of half of the **lime wedges** and cook, stirring, until everything is well combined. Season to taste with **salt** and **pepper**. Divide the green quinoa between plates.

3 Place the same frying pan back over a medium-high heat. Add the **haloumi** and cook for **1-2 minutes** on each side or until golden.

4 Serve the haloumi on top of the green quinoa with the remaining lime wedges.



Did you know? Quinoa has four times the amount of iron found in brown rice!