




### Product Spotlight: Quinoa


Quinoa is an amazing superfood seed, cooked like rice. It is mineral-rich, gluten-free and classed as a complete protein meaning it contains all nine essential amino acids. Protein plays a crucial role in our bodies and amino acids are the building blocks of it.



## 3 Green Goddess Eggs

A wholesome quinoa platter with blanched greens, boiled eggs, crunchy cucumber and a creamy blended feta dressing.

 30 minutes

 2 servings

 Vegetarian

21 December 2020

## Spice it up!

Scatter over some toasted seeds or nuts to finish the dish off. Stretch the salad out and add any leftovers you may have in the fridge like olives, cherry tomatoes or salad leaves.

Per serve: **PROTEIN** 41g **TOTAL FAT** 45g **CARBOHYDRATES** 54g

## FROM YOUR BOX

ORGANIC QUINOA	1 packet (100g)
BROCCOLI	1
FREE RANGE EGGS	6 pack
CORIANDER	1/2 packet *
FETA CHEESE	1/2 packet *
GARLIC	1/2 clove *
LEBANESE CUCUMBER	1
AVOCADO	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

pepper, chilli flakes (optional), balsamic vinegar

## KEY UTENSILS

2 saucepans, stick mixer or blender

## NOTES

You can steam the broccolini on top of the quinoa as it cooks if you have a steamer basket.

If you don't have a stick mixer or blender you can add the coriander and feta to the salad. Make a quick vinaigrette with 2 tbsp vinegar of choice and 2 tbsp olive oil whisked together.

**Protein upsize add-on option - smoked tomatoes.** Add to the salad platter at the end.



### 1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 10–15 minutes or until tender. Drain and rinse.



### 2. BLANCH THE BROCCOLI

Fill a saucepan with water and bring to a simmer (see notes). Cut broccoli into small florets. Add to simmering water for 3–5 minutes until just tender. Remove with tongs or slotted spoon to a colander and run under cold water.



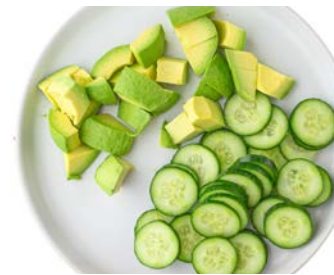
### 3. COOK THE EGGS

Gently lower eggs into simmering water and cook for 7–8 minutes. Drain, peel and halve eggs.



### 4. MAKE THE DRESSING

Roughly chop coriander. Blend 1/2 (reserve 1/2 for garnish) with crumbled feta cheese, 1/2 garlic clove, **1 tbsp vinegar** and **1/4 cup water** using a stick mixer or blender until smooth (see notes). Season with **pepper**.



### 5. PREPARE SALAD

Slice cucumber and dice avocado.



### 6. FINISH AND PLATE

Layer quinoa on a serving plate. Top with blanched broccoli, salad and eggs. Drizzle over dressing to taste and garnish with coriander.

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