



INDIAN SPICED QUINOA

Protein Bowl



HELLO QUINOA

Quinoa isn't actually a grain, it's a seed and is related to beetroot and spinach.



Diced Sweet Potato



Pasanda Style Seasoning



Vegetable Stock Powder



Quinoa



Red Pepper



Onion



Coriander



Black Beans



Pistachios



Lemon



Baby Spinach



Mango Chutney



Greek Yoghurt

MEAL BAG

35 mins

2 of your 5 a day

Medium heat

Veggie

This warming vegetarian recipe is packed with nourishing ingredients, making it a great thing to enjoy when you're feeling a little run down. Roasted sweet potato and red peppers are seasoned with our special Pasanda style spice blend, before being combined with a hearty mix of black beans, fresh herbs and spinach. Piled high on a bed of quinoa, and finished off with a dollop of yoghurt and crushed pistachios, the textures and flavours in this beautiful bowlful won't disappoint.

7

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, **Measuring Jug**, **Large Saucepan** (with **Lid**), **Sieve** and **Frying Pan**. Now, let's get cooking!



1 ROAST THE SWEET POTATO

Preheat your oven to 200°C. Arrange the **diced sweet potato** on a baking tray. Drizzle on a splash of **oil**, season with **salt**, **pepper** and **half** the **pasanda seasoning**. Use your hands to rub the flavours over the **sweet potato**. Lay out in one even layer and roast on the top shelf of your oven until soft and golden, 15-20 mins. Turn halfway through cooking.



2 COOK THE QUINOA

Bring the **water** (see ingredients for amount) to the boil in a large saucepan over high heat. When boiling, stir in and dissolve the **stock powder**. Stir in the **quinoa** and remaining **pasanda spice** and bring back to the boil. Lower the heat and simmer until the **quinoa** has doubled in size and the **seed** has visibly split, 12-15 mins. Drain into a sieve and return to the pan off the heat. Cover with a lid and set aside.



3 DO THE PREP

Meanwhile, halve the **pepper**, remove the core and seeds then slice thinly. Halve, peel and thinly slice the **onion**. Roughly chop the **coriander** (stalks and all). Drain and rinse the **black beans** in the sieve. Remove the **pistachios** from their shells, discard the shells and roughly chop the **nuts**. Halve the **lemon**.



4 FRY THE VEGGIES

Heat a splash of **oil** in a frying pan over medium-high heat. When hot, add the **onion** and **pepper** and stir-fry until softened, 5 mins. After 5 mins, add the **black beans** and warm through. Stir in and wilt the **baby spinach** a handful at a time, this will take another 2-3 mins.



5 FINISH OFF

When the **spinach** is wilted, stir in the **mango chutney** and remove from the heat. Carefully mix in the **sweet potato**. Season to taste with **salt**, **pepper** and a squeeze of **lemon juice**. Get ready to serve.



6 SERVE

Fluff the **quinoa** up with a fork and season with **salt**, **pepper**, a squeeze of **lemon juice** and **half** the **coriander**. Share the **quinoa** between your bowls. Top with the **veggies** and finish with small dollops of **Greek yoghurt** and a sprinkling of **pistachios** and the remaining **coriander**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Diced Sweet Potato *	1 small pack	1 medium pack	1 large pack
Pasanda Style Seasoning	1 pot	1½ pots	2 pots
Water*	300ml	450ml	600ml
Vegetable Stock Powder (10)	½ sachet	¾ sachet	1 sachet
Quinoa	120g	180g	240g
Red Pepper *	1	1½	2
Onion *	1	1	2
Coriander *	1 bunch	1 bunch	1 bunch
Black Beans	1 carton	1½ cartons	2 cartons
Pistachios 2)	1 small bag	1 large bag	2 small bags
Lemon *	½	¾	1
Baby Spinach *	½ small bag	¾ small bag	1 small bag
Mango Chutney *	2 pots	3 pots	4 pots
Greek Yoghurt 7) *	½ pouch	¾ pouch	1 pouch

*Not Included

*Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 586G	PER 100G 100G
Energy (kcal)	688	118
(kJ)	2879	492
Fat (g)	17	3
Sat. Fat (g)	4	1
Carbohydrate (g)	105	18
Sugars (g)	40	7
Protein (g)	27	5
Salt (g)	1.75	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 7) Milk 10) Celery

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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