



Cooking Made Easy

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South American, Moroccan Summer Salad

Before the age of international travel, dinner time must have been considerably less exciting. If you lived in the remote outreaches of the Hebrides, it wasn't all that likely that you'd be eating South American cuisine. Nowadays, the whole world is our larder and though "fusion" is a hackneyed term which we tend to avoid, we love mixing far-flung ingredients. This dish combines quinoa from South America, with the flavours of an exotic Moroccan tagine. The easiest way to have a foreign escapade, from the comfort of your own kitchen.

25 min

healthy

veggie

gluten free



Carrot



Onion



Cherry Tomatoes



Dried Apricots



Mint



Quinoa



Ground Coriander



Tahini Paste



Lemon



Natural Yoghurt




Pistachios

Ingredients

	2P	4P
Carrot, chopped	2	4
Onion, sliced	1 cup	2 cups
Cherry Tomatoes, halved	1 cup	2 cups
Dried Apricots, chopped 1	3	5
Mint, chopped	2 tbsp	4 tbsp
Quinoa	$\frac{3}{4}$ cup	$1\frac{1}{2}$ cups
Ground Coriander	$\frac{1}{2}$ tsp	1 tsp
Tahini Paste 2	$1\frac{1}{2}$ tsp	3 tsp
Lemon	$\frac{1}{2}$	1
Natural Yoghurt 3	3 tbsp	5 tbsp
Pistachios 4	1 tbsp	2 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Sulphites | **2)** Sesame
3) Milk | **4)** Nuts

Nutrition per serving: Calories: 485 kcal | Protein: 18 g | Carbs: 74 g | Fat: 15 g | Saturated Fat: 2 g

1



1 Pre-heat your oven to 220 degrees. Peel and chop the carrot into (roughly) 2cm chunks. Chop the onion in half through the root and then slice it (creating crescent shapes). Chop the cherry tomatoes in half, the apricot and the mint leaves. Lastly, finely dice a tsp of the onion too.

3



2 Add the quinoa into a pan with 300ml of water and quarter of a tsp of salt. Bring it to the boil and gently simmer it for about 20 mins until the quinoa has soaked up all of the water. Once it has soaked up the water, we'll move to step 6.

5



3 Mix the carrot and sliced (not diced) onion with a tbsp of olive oil, a quarter of a tsp of salt, some pepper and the ground coriander. Cook the vegetables on the top shelf of the oven for around 20 mins, or until they are cooked through and a bit crispy.

7



4 Mix the tahini with two tsp of lemon juice and two tsp of olive oil.

5 Mix the yoghurt with the tsp of diced onion you kept back, a sprinkle of the fresh mint and a pinch of salt and pepper.

6 Once your quinoa has soaked up all of the water it's ready to eat. If you have a bit of time though, lay it out flat on a baking tray, cover it with a clean tea towel and put it in the fridge. Cool quinoa has a great, fluffy texture.

7 Fluff up the quinoa using a fork and add this to your roasted vegetables, tomatoes, mint, apricot and pistachio. Pour over your tahini dressing and gently toss the ingredients together.

8 Serve your quinoa salad with a healthy topping of mint yoghurt.