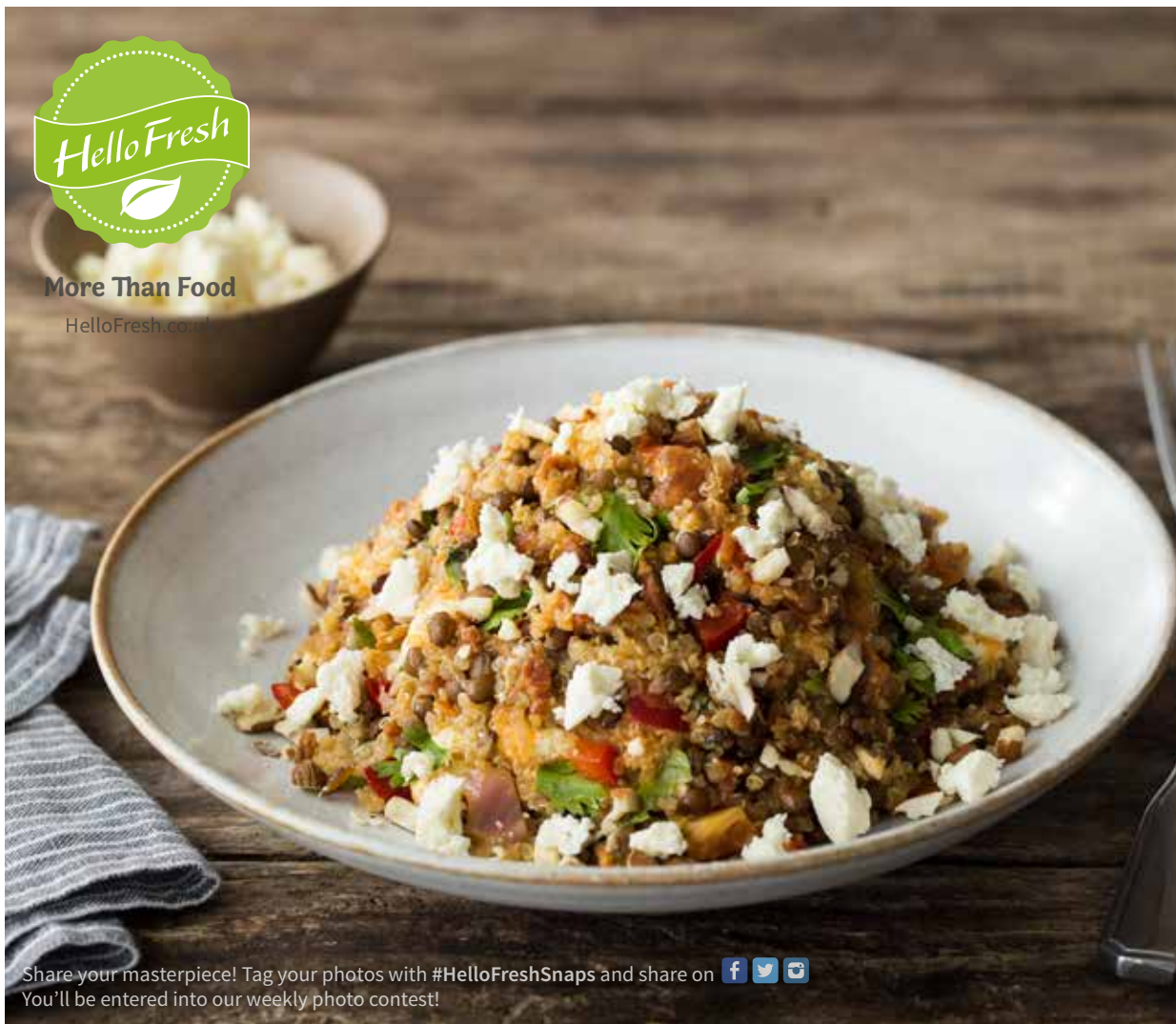




More Than Food

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Protein-Packed Chorizo, Quinoa and Almond Jumble

Rumour has it that Superman's powers don't actually come from the Planet Krypton. They're from this dinner. Quinoa is a complete protein (which means it contains all essential nine amino acids we need to be at our best), whilst almonds and feta give you another protein hit, together with a dose of magnesium, vitamin B and vitamin E. Who needs supplements when you're eating this well?!



30 mins



gluten free



family box



Quinoa (2 cups)



Vegetable Stock Pot (1)



Red Pepper (2)



Vine Tomato (4)



Red Onion (1)



Almonds (2 tbsps)



Organic Lentils (2 tins)



Chorizo (2 packs)




Coriander (5 tbsps)



Feta Cheese (1½ blocks)

Ingredients

	2P	4P
Quinoa	-	2 cups
Vegetable Stock Pot 1	-	1
Red Pepper, chopped	-	2
Vine Tomato, chopped	-	4
Red Onion, chopped	-	1
Almonds 2	-	2 tbsp
Organic Lentils	-	2 tins
Chorizo 3	-	2 packs
Coriander, chopped	-	5 tbsp
Feta Cheese 4	-	1½ blocks

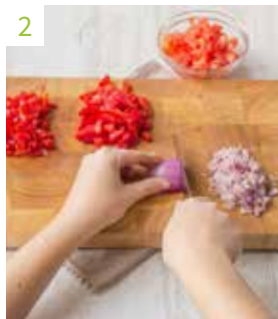
 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Celery | **2)** Nut
3) Sulphites | **4)** Milk

Nutrition per serving: Calories: 763 kcal | Protein: 40 g | Carbs: 76 g | Fat: 31 g | Saturated Fat: 12 g



1 **LH:** *Rinse the quinoa under running water for at least 30 seconds (this is very important to improve flavour!).* Boil a medium-sized pot of water (around 1½l) with the stock pot. Boil the quinoa for 15 mins then drain. Put back in the empty pot and cover with a tea towel.



2 Remove the core from the peppers and chop a third of the red peppers into tiny ½cm squares. Chop the remainder into roughly 1cm squares. Chop the vine tomatoes into 1cm cubes. Peel and very finely chop the red onion.



3 **LH:** *Wrap the almonds in a clean tea towel or between clingfilm sheets and whack them with the bottom of a saucepan, to lightly crush them. Drain and thoroughly rinse the lentils.*



4 Heat 1 tbsp of olive oil in a frying pan on medium-high heat. Add the chorizo and cook for a few mins until it just turns crispy at the edges. Remove from the pan but leave any juices in the pan.

5 Turn the heat to medium and add the red onion and the larger red pepper squares (we'll use the small ½cm squares at the end). Cook for 7 mins until soft.

6 Once the ingredients have softened up, add the tomato and chorizo and cook for another few mins before tipping in the lentils and stirring everything together.

7 Remove the pan from the heat and stir through most of your chopped coriander, the quinoa, the small squares of raw red pepper, almonds and finish off by crumbling over the feta cheese (using your hands to crumble it).

8 Serve in bowls with your remaining coriander sprinkled over the top!