



UCOOK

Fresh Blueberry, Kale & Quinoa Bowl

with coconut yoghurt

Refreshing, satisfying, and nutritious. Quinoa is loaded with toasted pistachio nuts, pops of blueberries, pan-fried kale, & peppery basil. This is all coated in a quick, homemade lemon juice dressing and topped with a creamy coconut yoghurt.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Samantha du Toit

Veggie

Deetlefs Wine Estate | Deetlefs Estate Soet
Hanepoot

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Ingredients & Prep

200ml	Quinoa <i>rinse</i>
30g	Pistachio Nuts <i>roughly chop</i>
200g	Kale <i>rinse & roughly shred</i>
1	Lemon <i>rinse & cut into wedges</i>
2 units	Fresh Blueberries <i>rinse</i>
5g	Fresh Basil <i>rinse, pick & roughly tear</i>
100ml	Coconut Yoghurt

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. QUICK QUINOA Place the rinsed quinoa in a pot with 400ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. CHOP-CHOP Place the chopped pistachios in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. FAIL-PROOF KALE Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened. Place a pan over medium heat. When hot, fry the shredded kale until slightly wilted, 2-3 minutes. Remove from the pan and cover.

4. ZESTY DRESSING In a small bowl, combine a generous squeeze of lemon juice, a drizzle of olive oil, and seasoning.

5. ADD THE FLAVOUR When the quinoa is done, toss through ½ the rinsed berries, the wilted kale, ½ the torn basil, and ½ the toasted nuts.

6. SENSATIONAL SALAD Plate up the loaded quinoa and top with the remaining berries, the remaining nuts, and the remaining basil. Drizzle over the lemon dressing and the coconut yoghurt. Serve any remaining lemon wedges on the side.

Nutritional Information

Per 100g

Energy	451kJ
Energy	108kcal
Protein	3.6g
Carbs	19g
of which sugars	4.6g
Fibre	3.4g
Fat	2.9g
of which saturated	0.6g
Sodium	15mg

Allergens

Tree Nuts

Eat
Within
4 Days