



ROMESCO MEDITERRANEAN PLATTER

SERVES 2 OR 4

TIME: 30 MIN

CALORIES: 610/SERVING



A super easy meal that comes together in under 30 minutes, but is chock full of different flavours and textures. Protein-packed quinoa, fresh parsley, crunchy cucumber, briny olives, juicy cherry tomatoes, tender roasted asparagus, soft pita and the most delicious romesco sauce on a bed of baby spinach.

WHAT YOU'LL NEED

- Small pot
- Baking sheet
- Silicone baking mat (optional)
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Quinoa	1/2 cup	1 cup
Baby cucumber	1	2
Kalamata olives	1/4 cup	1/2 cup
Cherry tomatoes	1/3 cup	2/3 cup
Pitas	2	4
Spinach	4 cups	8 cups
Asparagus	1/2 bunch	1 bunch
Parsley	1/8 bunch	1/4 bunch
Romesco sauce	1/2 cup	1 cup



Preheat your oven to 400°F and prep your ingredients: Rinse the **quinoa**, thinly slice the **cucumber**, chop the **spinach** and **parsley**, halve the **cherry tomatoes**, tear the **pita** into large pieces, and trim the **asparagus**.



Add the **quinoa** to a small pot with 1 cup of **water** (2 cups for 4 servings). Bring to a boil over high heat then lower to a simmer, cover, and cook for about 15 minutes until the water is absorbed. Let sit covered for a few minutes then fluff with a fork.



Toss the **asparagus** in 1 tbsp of **oil** (2 tbsp for 4 servings) and season with **salt** and **pepper**. Spread out on a baking sheet lined with a silicone baking mat or lightly greased. Roast for 10-15 minutes until tender and slightly crispy. When the **asparagus** is almost finished, toast the **pita**.



Toss the **cucumber** with the **chopped parsley**. Smear the **romesco sauce** on the bottom of the plates and top with **spinach**, **quinoa**, **cucumbers**, **tomatoes**, **asparagus**, and **olives**. Serve with the **toasted pita pieces**.

Nutrition Facts	
Valeur nutritive	
Per Serving (369 g) pour 1 (369 g)	
Calories 610	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 29 g	39 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 76 g	
Fibre / Fibres 9 g	32 %
Sugars / Sucres 8 g	8 %
Protein / Protéines 17 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 870 mg	38 %
Potassium 900 mg	19 %
Calcium 175 mg	13 %
Iron / Fer 8 mg	44 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	