

Quinoa (Keen-wah)

This recipe serves 4 as an accompaniment
As a vegetarian meal double the quantities.

100g Quinoa seeds
½ pt vegetable stock
½ pt water

1 Medium Onion
1 Large Carrot
1 Green or Red Pepper
2 Cloves of Garlic

You can also use Mushrooms, Celery or anything that compliments the subtle nutty flavour of the Quinoa.

Cut the onion into 4 or 8 segments, cut the carrot in halves, cut peppers into segments, peel the garlic. What you are aiming for is segments of approximately the same size. Arrange on a baking tray and drizzle with a little Olive oil. Roast the vegetables until cooked through and crispy on the outside. Meanwhile.....

Put the Quinoa, stock and water into a saucepan and bring to the boil, cover, turn down the heat and simmer until all the fluid is absorbed by the seeds and the spiral kernel is released. (this is about 15 – 20 minutes).

Allow the vegetables to cool slightly then chop into edible sized pieces and combine with the Quinoa.

Serve.