

Fruity Lemon Quinoa

This fruity, spiced quinoa is amazingly versatile and a great one to make if you are detoxing after Cup Match. It's also a good central dish if you are hosting both vegans and carnivores!

There's plenty of plant-based protein from the quinoa and the walnuts, but you could add some crispy baked tofu, edamame or pumpkin seeds for an extra boost. Vegetarians might enjoy some crumbled, tangy feta.

However you make it and whether you add anything else or not, it's also a brilliant side for grilled chicken, salmon or some grass-fed steak.

If you're not a fan of quinoa, try making this with rice instead (or cous cous if you are ok with gluten). If you use quinoa, be sure to soak the seeds for 2 hours prior to cooking. Then agitate the water and rinse off the froth. Quinoa is heavily coated with enzyme inhibitors that can trigger digestive upset, but once it's soaked it's very nourishing.

SERVES 2

INGREDIENTS

- 1 tbsp light olive oil
- 1 tsp dried turmeric powder
- 1 tsp dried curry powder
- 1/2 tsp dried cumin powder
- 1 cup quinoa, rinsed and drained well (not cooked)
- 2 cups water (or chicken stock)
- 3/4 cup chopped toasted walnuts
- 3/4 cup fresh cilantro (or parsley)
- 1/2 cup organic raisins
- 1/2 large lemon, juiced (use more if you prefer)

see over for recipe!

 approved recipe



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METHOD

Pre-heat oven to 350F

Place the walnuts on a cookie sheet lined with parchment paper and roast in the oven for 3 – 5 minutes or until lightly roasted. Remove from oven and set aside.

Heat the olive oil in a medium saucepan over medium-low heat.

Add the turmeric, curry and cumin and stir for just 1 – 2 minutes until aromatic.

Add the quinoa and cook over medium-low heat until you hear the light sounds of popping (like popcorn). Continue to stir, careful not to burn.

Pour in the water or broth and stir. Place a lid on the pan and turn the heat to low. Simmer for about 20 minutes or until the liquid has dissolved and the quinoa is cooked.

Turn off the heat and let the quinoa set in the pan for 5 minutes, then fluff with a fork.

Place the quinoa in a large bowl. Add the toasted walnuts, cilantro, raisins and toss. Pour in the lemon juice and toss. Add more lemon juice, to taste.

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