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Nela's Healthy Quinoa



Ingredients

1 cup quinoa
1/2 chopped onion
1/2 cup broccoli
1/2 capsicum diced
1/2 cup chopped celery
A handful of asparagus
1/2 cup cherry tomatoes, quartered
1 tsp minced garlic
1 tsp minced ginger
Salt and pepper to taste
Oil

Preparation

- 1 Cook quinoa according to packet instructions. Once its cooked fluff it with a fork and cover the pot with a lid.
- 2 In a skillet saute all vegetables until soft and season.
- 3 Add the asparagus last so that it remains crunchy. Top the quinoa with the vegetables.
- 4 Add tabasco to taste and eat with ghusto. A great healthy meal after a big night out.

Cooks Note
