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by Nela Lukic

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