

EASY QUINOA WITH SAUTEED VEGGIES

2 portions

INGREDIENTS

- Juice of 1 lemon
- 3 tbsps of tamari
- 2 large zucchinis
- 1 bunch of broccoli, raw (608 g)
- 1 tbsp of tahini
- 1 tbsp of coconut oil,
- 2/3 cups of quinoa, uncooked (114 g)

COOKING METHOD

- 1° Place quinoa in a sieve and rinse with cold water until the water that comes through is totally clear
- 2° Place quinoa in a saucepan with 2 cups of water (600ml) boiling water, the juice of the lemon and tablespoon of tamari
- 3° Let quinoa boil for two minutes then let it simmer for another 10-15 minutes, covered, until all the water has been evaporated and the quinoa is fluffy, but not mushy
- 4° While the quinoa cooks, slice zucchinis in half then into small half moons. Once done cut the broccoli into small florets
- 5° Place zucchini and broccoli into a frying pan with coconut oil, tablespoon of tamari, salt and pepper and allow to cook for 5-7 minutes.
- 6° Once quinoa has cooked and there is no water left in the pan, stir in tahini and final tablespoon of tamari before mixing with sauteed veggies and drizzling with coconut oil.
- 7° NOTE: this recipe can store for a few 2-4 days in the fridge and tastes equally good cold!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (749 g)	% DRI
ENERGY	66 kcal	492 kcal	25 %
FAT	2 g	16 g	25 %
FATTY ACIDS, TOTAL SATURATED	1 g	7 g	36 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	219 mg	1638 mg	68 %
CARBOHYDRATE	10 g	71 g	24 %
SUGARS	2 g	14 g	—
FIBER	2 g	16 g	64 %
PROTEIN	3 g	25 g	—