

Moroccan Quinoa

Makes: Servings 4

Ingredients

1Tbs of oil
½ Onion (finely chopped)
3-4 cloves of garlic (finely chopped)
¼ tsp of Nutmeg
½ tsp of Turmeric
1 cup of water
½ cup of quinoa (rinsed under water in a sieve)
½ cup of tinned tomatoes
3 Tbsp of sesame seeds
1Tbsp of cumin seeds
1tsp salt
1/3 cup of cashews or almonds (chopped)
1/3 cup of raisins (soaked in water for 20 mins to plump them up)
Bunch of coriander (finely chopped)
Pinch of cayenne pepper



Instructions

Fry onion and garlic on low temperature in pan big enough to fit quinoa. (3-5 mins)
Add nutmeg and turmeric and continue frying on low heat for another 1-3 mins
Add quinoa to pan and stir in with onions – allow to cook for 1-2 mins, add water and half of the salt, cover and bring to the boil. Reduce heat to simmer – until all liquid has been absorbed.
Turn off heat, remove lid, and allow to cool.
In a frying pan dry roast the cumin and sesame seeds for 3-5 minutes until they start to smell.
Mix all ingredients (quinoa, cumin, sesame seeds, coriander, tomatoes, cashews, raisins, cayenne, salt) together in a bowl, use spoon to squash the tomatoes so their juices mix in with the quinoa.

Nutrition information: Each Serving: Kcal 227 : Fat 6g : Net Carbs 19g : Protein 8g

What is Quinoa: Pronounced Keen-wah

It is a grain-like seed that has a mild flavour, light crunch and impressive protein content, quinoa is the perfect gluten-free substitute for pasta, rice or couscous. It's also frequently milled into gluten-free flour that can be used in baking, or as the base for gluten-free pastas, cereals and more.

Quinoa is also a complete protein, which means it provides all nine essential amino acids necessary for good health, hence the name "essential." Your body can't produce these nutrients itself, so you have to get them frequently through food. Amino acids support strong muscles, keep our immune systems in tip-top shape and do lots of other stuff to keep our bodies healthy—thing is, not all plant-based proteins are created equal. Wheat, rice and most other grains are missing one or more essential amino acids, but quinoa is a one-stop shop.