

# KIMCHI QUINOA 泡菜藜麥



Serves 2

Preparation: minutes

Cooking time: minutes

## Ingredients:

2 cups water  
1 cup quinoa  
1 teaspoon olive oil  
½ cup finely chopped Kimchi  
½ cup finely chopped mushroom  
1 teaspoon garlic and salt  
½ teaspoon fresh ground black pepper

## Cooking Method

Combine water and quinoa in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer for 20 minutes or until liquid is absorbed. Add mushroom and kimchi cook for 1 minute. Remove from heat; fluff with a fork. Stir garlic and salt. Cover; let stand for about 1 hour. Serve chilled or at room temperature

## 配料

2 杯水  
1 杯藜麥  
1 茶匙橄欖油  
½ 杯切碎的泡菜  
½ 杯切碎的蘑菇  
1 茶匙大蒜和鹽  
½ 茶匙新鮮黑胡椒粉

## 烹飪方法

將水和藜麥放入一個中型鍋中；煮滾。蓋上鍋蓋，減少熱量，然後煮 20 分鐘或直到吸收所有的水。加入蘑菇和泡菜煮 1 分鐘。從火上移開；攪拌大蒜和鹽。覆蓋；靜置約 1 小時。