

THAI RAINBOW QUINOA

INGREDIENTS

100G QUINOA
1 VEG STOCK CUBE
1 CARROT
1 CUCUMBER
250G RED CABBAGE

1 RED PEPPER
2 SPRING ONIONS

HOW TO MAKE

PRE HEAT THE OVEN TO 200 DEGREES

ADD THE QUINOA TO A SAUCEPAN AND COVER WITH 200ML BOILING WATER AND THE VEG STOCK CUBE. SIMMER ON A LOW HEAT FOR 10 MINUTES UNTIL MOST OF THE LIQUID IS ABSORBED AND THE QUINOA IS SOFT. DRAIN AND SET ASIDE.

WHILST THE QUINOA IS COOKING, PEEL THE CARROT THEN CUT IN THIN SLICES AND PLACE ON A ROASTING TRAY WITH A TABLESPOON OF OLIVE OIL. ROAST FOR 15 MINUTES UNTIL GOLDEN BROWN.

CUT THE CUCUMBER IN HALF LENGTHWAYS AND THEN CUT INTO SMALL CHUNKS AND PLACE IN A BOWL. FINELY CHOP THE RED CABBAGE, THINLY SLICE THE PEPPER AND THE SPRING ONIONS AND ADD EVERYTHING TO THE BOWL WITH THE CUCUMBER.

ROUGHLY CHOP THE PEANUTS OR CRUSH THEM WITH A ROLLING PIN. MIX THE QUINOA WITH THE CHOPPED VEGETABLES. ADD THE PEANUT SAUCE (SEE RECIPE)

enjoy

AS A MAIN MEAL WITH DRESSING SERVINGS 2

NUTRITIONAL INFO

CALORIES 422KCAL | FAT 26G | CARBS 34G | PROTEIN 16G

AS A SIDE WITH DRESSING SERVES 4

NUTRITIONAL INFO

CALORIES 211 | FAT 13G | CARBS 17G | PROTEIN 8G