

Curried Quinoa

Ingredients:

- 1 cup quinoa
- 1 tbspn olive oil or vege broth
- ½ onion, diced
- 1 tspn grated fresh ginger
- 1 tspn ground turmeric
- 1 tspn ground coriander
- ¼ tspn ground cinnamon
- 1 ¾ cups water
- ½ cup fresh or frozen peas
- ¼ tspn celtic sea salt



Method:

1. Rinse quinoa under cold water.
2. Saute onions in oil/broth for 4-5 mins.
3. Add ginger and quinoa and cook for 1 min stirring constantly.
4. Stir in turmeric, coriander, cinnamon and salt, cover and reduce heat and simmer for 15 minutes.
5. Stir in peas. Cover and cook for 4-5 minutes or until peas are tender and all the water has been absorbed.
6. Fluff with fork before serving.