



Mediterranean quinoa

Ingredients

- 30ml vegetable oil
- 2 onions, chopped
- 1 green bell pepper
- 1 red bell pepper
- 1 yellow bell pepper
- 2 cloves garlic, crushed
- 130g quinoa (white, red or mixed)
- 950ml vegetable stock
- 15g tomato puree
- 3 tomatoes, peeled seeded and chopped
- Italian seasoning to taste (eg basil, oregano, parsley, dill, mint)

Method

1. Heat oil in a skillet over medium high heat. Add the onions and bell peppers and cook for about 5 minutes*. Add the garlic and cook for another 2 minutes.
2. Stir in the quinoa, stock and tomato puree. Bring to the boil, then cover and simmer over low heat for 20 minutes or until the quinoa grains are soft.
3. Stir in the diced tomatoes and season with Italian seasoning. Cook until heated through then serve.

*Alternatively, cook vegetables separately and add to the quinoa mixture at the end.