



QUINOA SOUP

INGREDIENTS

1 cup tri-coloured quinoa
(a mixture of red, white and black)
1 cup persian lentils
1 cup green Australian lentils such as
Mount Zero
1 tsp sea salt
1 tsp garlic & herbs 1 tsp ras el hanout

garnish

red capsicum, chopped parsley stems,
chopped

METHOD

Rinse the lentils.

Bring 3 litres water to a boil in a large pot, add the lentils and simmer for 5 minutes.

Rinse the quinoa well to remove any bitterness.

Place in a fine strainer and rinse again. Add to the pot with the lentils.

Add the spices, return to a boil and simmer gently for about 20 minutes.

Garnish with chopped red capsicum and parsley stems.