



StressLess Recipe



Quinoa Primavera

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Quinoa is a great source of fibre. Fibre can prevent constipation and also helps you feel full longer

SERVINGS 6

PREP TIME 20 MIN

COOK TIME 20 MIN

INGREDIENTS

- 1 tablespoon olive oil
- 1 teaspoon of olive oil
- 2 cloves minced garlic optional
- 1 frozen Primavera vegetable blend (or your favourite)
- ½ cup milk or unsweetened almond milk
- 1 tablespoon cornstarch
- 1 cup vegetable or chicken broth
- 1 teaspoon salt
- ½ teaspoon fresh ground black pepper
- 2/3 cups dried quinoa
- 2 ounces Parmesan cheese grated (optional)
- 3 tablespoons chopped Parsley

DIRECTIONS

Cook Quinoa

- Rinse Quinoa
- Put quinoa in a mesh strainer and rinse with cool water for 1-2 minutes
- Heat one teaspoon of olive oil in a 2-quart saucepan over medium heat.
- Add the quinoa and cook, stirring frequently, until the quinoa begins to pop.
- Add 4 cups of water, vegetable stock, or a combination of the two.
- Bring to a boil, cover, then reduce heat to let simmer for 15-20 minutes or until the liquid is thoroughly absorbed.
- Remove the lid from the pot and set aside.

Quinoa Primavera

- Heat oil in a large sauté pan over medium heat. Add garlic and cook for 30 seconds. Add frozen vegetables and cook for 5 minutes.
- In a small bowl, whisk together milk and cornstarch.
- Add to vegetable mixture and cook for 2 minutes.
- Add broth, salt and pepper and cook for 3 minutes longer.
- Stir in quinoa and cook until heated through, adding additional broth if necessary.
- Serve warm with sprinkled parmesan cheese and parsley.

Nutrition n/a