



# CUMIN-SPICED STIR-FRY WITH PINE NUTS, CURRANTS, AND QUINOA

FAST. EASY. FRESH.

**1.** In a small pot, combine the **quinoa**, 1 tsp. **sea salt**, and 3 cups of water. Bring to a boil, reduce to a simmer, cover, and cook on low for 18-20 minutes or until the quinoa is cooked and the water is absorbed.

**2.** Meanwhile, peel and thinly slice the **onion**. Peel the **carrots** and cut it into matchsticks. Wash the **cauliflower** and cut it into florets. Cut the **lime** into wedges. Drain and rinse the **black beans**.

**3.** In a large pan, heat 6 Tbsp. **canola oil** over medium heat, then add the **onion**, **coriander seeds**, and **cumin**. Sauté for 2-3 minutes, then add the **carrots**, **cauliflower**, **black beans**, **water** and the **vegetable bouillon**. Bring to a simmer and cook for 3 minutes. Add the **spinach** and continue to cook for 2-3 minutes. Season to taste with sea salt and **black pepper**. Then, stir in half of the **dried currants**.

**4.** In the meantime, heat a small pan, and toast the **pine nuts** on medium heat until golden brown.

**5.** To serve, portion the **quinoa** onto plates, top with the stir fry, garnish with **cilantro**, the remaining **currants** and the **pine nuts**, and finish with a squeeze of **lime juice**. Enjoy!



## Ingredients (4 Person Serving – 869 Calories Per Serving)

Canola Oil	6 Tbsp.	Vegetable Bouillon	1 tsp.
Yellow Onion	1 Medium	Water	2 Cups
Coriander Seeds	6 g	Pine Nuts	100 g
Ground Cumin	4 Tbsp.	Dried Currants	100 g
Carrots	8 g	Lime	1
Cauliflower	1 Head	Cilantro	Few Sprigs
Spinach	150 g	Tri-Colored Quinoa	1 ½ Cups
Black Beans	1 540 ml Can	Salt and Pepper	To taste

# 30 Minute Cook Time!