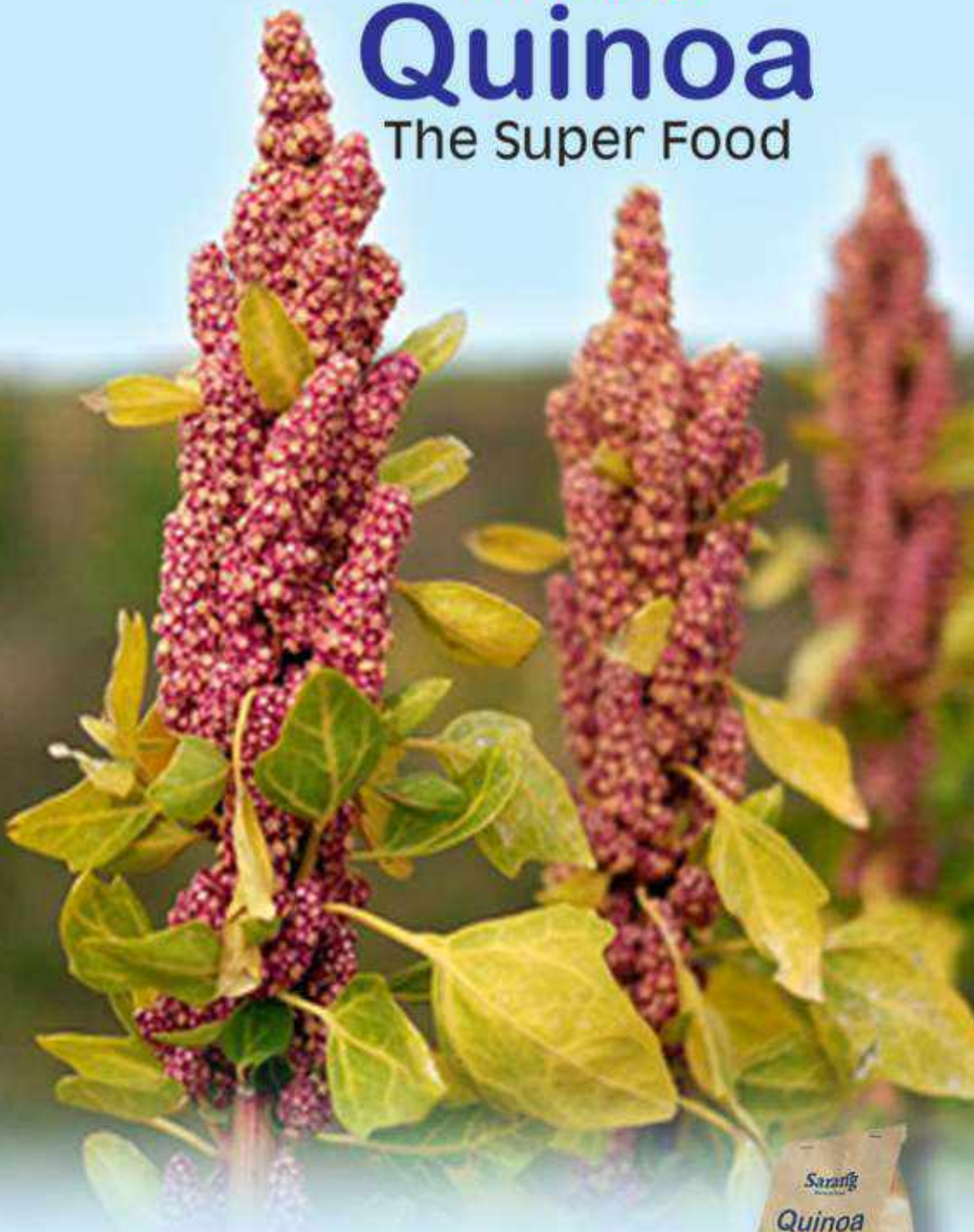


how to eat

Quinoa

The Super Food



Sarang
Herbs & Food



Quinoa

The Super Food

Ancient Food For Today

Native to South America, Quinoa is a "pseudo-grain" ----Actually a gluten-free seed, but used in cooking like a whole grain. This amazing plant was domesticated thousands of years ago near Lake Titicaca, high on the plateaus of the Andes, and it was a mainstay in the diet of the ancient Incas. "What once was old is new again" is true about many of whole grains, which originated in ancient times. Amaranth, Chia seed, Farro, Kamut grain, Millet, Quinoa, Sorghum, Spelt and Teff---they may be lesser-known than the familiar grains like Wheat and Barley, but each one has a story to tell about rich cultural traditions in histories going back thousands of years and from around the globe. Of all the wholegrains, Quinoa is the most nutritious having rich profile of Protein, Riboflavin, Vitamins, essential amino-acids, low on calories and

GLUTEN FREE

Quinoa whole grains are tasty, nutritious addition to modern meals with ancient history and **TRADITION OF HEALTH**. Quinoa is delicious on its own and in pilafs, soups and salads. The unique flavors and textures of these ancient "super grains" are not only wonderfully healthy but their versatility is great for snacks, salads, side dishes, entrees and baked goods.

Our Quinoa has been thoroughly processed (rinsed and air dried) to remove the naturally occurring bitter saponins.



Quinoa

The Super Food

Starter Guide

HOW TO COOK QUINOA

There are a few different methods for cooking quinoa, but in this guide we're just going to talk about the most popular two. The first is in a small saucepan on the stove top, and the second is in a rice cooker.

ON THE STOVE TOP

Bring two cups of water and one cup of quinoa to a boil, cover and reduce to simmer for 8 - 12 minutes. The quinoa is done cooking when the water has been absorbed and the germ has separated from the seed.



IN THE RICE COOKER

Add two cups of water and one cup of quinoa to your cooker and turn it on. The rice cooker should automatically turn off or switch to the "warming" setting when the water has been absorbed and the quinoa is ready.



COOKING TIP!

Remember, when you're cooking quinoa you just need to make sure that you're using a 2:1 ratio (2 parts water, 1 part quinoa). And know that sometimes different varieties might have slightly varying cooking times!

Sarang
Herbs & Food



Contents

Salads

1. Quinoa and Parsley Salad
2. Curried Quinoa Salad with Cucumber Raita Salad
3. Black Bean Quinoa Salad with Basil Lemon Dressing
4. Quinoa Salad with Apricots and Pistachios
5. Quinoa Salad with Artichokes and Parsely
6. Beet, Blood Orange, Kamquat and Quinoa Salad
7. Toasted Quinoa Lentil and poached salmon Salad
8. Warm Quinoa Salad with grilled Halloumi
9. Colorful Quick Quinoa Gresion Salad
10. Griddled Chicken with Quinoa Greek Salad
11. Chicken and Quinoa Salad with Beetroot Yogurt
12. Herby Quinoa Feta and Pomegranate Salad
13. Summer fruit Quinoa Salad
14. Spicy Tuna Quinoa Salad
15. Quinoa Herb and Pomegranate Salad
16. Quinoa Stew with Squash Prunes and Pomegranate
17. Mango Quinoa Salad
18. Quinoa Courgette and feta Salad
19. Quinoa and feta Salad with roasted Vegetables
20. Spicy Grilled Shrimp with Quinoa salad



Contents

Pulao & Biryani

1. Quinoa Biryani with kala Chana
2. Quinoa Pulao
3. Quinoa Rice Pulao with Dill and Roasted tomatoes
4. Vegetable Quinoa Biryani
5. Plan Cooked Quinoa in Rice Cooker

Quinoa with Chicken

1. Maxican Chicken Stew with Quinoa and Beans
2. Spicy Cajun Chicken Quinoa

Quinoa in different Recipes

1. Spiced Lamb with Lemon and Herb Quinoa
2. Tomato Squash and Red Pepper Gratin
3. Quinoa with Roasted Garlic Tomatoes and Spinach
4. Quinoa and Roasted Pepper Chili
5. Quinoa Stuffed Tomatoes
6. Pea Feta & Quinoa Spring Rolls with Roast Tomato
7. Courgette and Quinoa Stuffed Peppers
8. Spicy Vegetable and Quinoa Laksa
9. Quinoa with Stir-fried Winter Vegetable
10. Quick Cured Sake Salmon with Quinoa
11. Quinoa and Egg Breakfast Wrap



Contents

12. Quinoa Veggi Burgers
13. Paprika Roasted Sweet Potatoes with Quinoa
14. Quinoa Stuffed Squash
15. Stuffed Butternut Squash with Quinoa
16. Quinoa with Dried Cherries and Pistachios
17. Fruit and nut Butternut Squash Quinoa
18. Spiced Quinoa with Almonds and Feta
19. Chargrilled Turkey with Quinoa tabbouleh & tahini dressing
20. Quinoa Crunch
21. Quinoa Idli
22. Healthy Quinoa Upma

Quinoa Cakes

1. Delhi Street Food - Quinoa Potato cakes
2. Super Verstile Quinoa Cakes
3. Cajun Crab and Quinoa Cakes

Quinoa Sweets

1. Quinoa Kheer - Quinoa Pudding
2. Healthy Ramdan Recipe - Quinoa Kheer
3. Quinoa Kheer Desert
4. Quinoa and Moongdal Kheer
5. Quinoa Kheer
6. Quinoa Payasam - Kheer



Quinoa and Parsley Salad

"This gorgeous quinoa salad pops with color from dried apricots, fresh parsley, and green onions. Bonus: It tastes just as good (if not better) the next day".

Ingredients:

- 1 cup water
- 1/2 cup uncooked quinoa
- 3/4 cup fresh parsley leaves
- 1/2 cup thinly sliced celery
- 1/2 cup thinly sliced green onions
- 1/2 cup finely chopped dried apricots
- 1 tablespoon olive oil

Ingredients:

- 1 tablespoon honey
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup unsalted pumpkinseed kernels, toasted
- 3 tablespoons fresh lemon juice

Method

1. Bring water and quinoa to a boil in a medium saucepan. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Spoon into a bowl; fluff with a fork. Add parsley, celery, onions, and apricots.

2. Whisk lemon juice, olive oil, honey, salt, and black pepper. Add to quinoa mixture, and toss well. Top with seeds.



Ready in 25 Mins; Serves 4 (2/3 Cup)

Sarang
Herbs & Food



Curried Quinoa Salad with Cucumber-Mint Raita

"This Indian-inspired dish features quinoa, a high-protein grain that cooks relatively quickly. We like the heat that Madras curry powder brings, but use regular curry powder if you prefer".

Ingredients:

- 1 teaspoon olive oil
- 2 teaspoons Madras curry powder
- 1 garlic clove, crushed
- 1 cup uncooked quinoa
- 2 cups water
- 3/4 teaspoon kosher salt
- 1 diced peeled ripe mango
- 1/2 cup diced celery
- 1 (5-ounce) package fresh baby spinach

Ingredients:

- 1/4 cup thinly sliced green onions
- 3 tablespoons chopped fresh cilantro
- 3 tablespoons currants
- 1/4 cup finely diced peeled English cucumber
- 2 teaspoons chopped fresh mint
- 1 (6-ounce) carton plain low-fat yogurt

Method

1. Heat oil in a medium saucepan over medium-high heat. Add curry and garlic to pan; cook 1 minute, stirring constantly. Add quinoa and 2 cups water; bring to a boil. Cover, reduce heat, and simmer 16 minutes or until tender. Remove from heat; stir in salt. Cool completely.

2. Add mango, diced celery, thinly sliced green onions, chopped cilantro, and currants to cooled quinoa; toss gently.

3. Combine 1/4 cup cucumber, 2 teaspoons mint, and yogurt in a small bowl, and stir well. Divide spinach evenly among 6 plates, and top each serving with about 3/4 cup quinoa mixture and about 2 tablespoons raita.



Ready in 25 Mins; Serves 6

Sarang
Herbs & Food



Black Bean-Quinoa Salad with Basil-Lemon Dressing

"Quinoa contains more protein than any other grain. Edamame makes a tasty substitute for lima beans in this recipe. For an attractive presentation, serve the salad on a bed of baby greens or spinach".

Ingredients:

- 1 1/2 cups uncooked quinoa
- 3 cups organic vegetable broth
- 1 (14-ounce) package reduced-fat firm tofu, cut into 1/4-inch cubes
- 3 tablespoons olive oil, divided
- 1 1/4 teaspoons salt, divided
- 1 cup chopped fresh basil
- 3 tablespoons fresh lemon juice
- 2 tablespoons Dijon mustard

Method

1. Combine quinoa and vegetable broth in a saucepan; bring to a boil over medium-high heat. Cover, reduce heat, and simmer 15 minutes or until broth is absorbed and quinoa is tender. Remove from heat.

2. Place tofu on several layers of paper towels; cover with additional paper towels. Let stand 5 minutes. Heat 1 tablespoon oil in a large non-stick skillet over medium-high heat. Add tofu; sprinkle with 1/4 teaspoon salt. Sauté tofu 9 minutes or until lightly browned. Remove from heat; cool completely.

3. Combine remaining 2 tablespoons oil, remaining 1 teaspoon salt, basil, and next 6 ingredients (through garlic) in a large bowl; stir with a whisk until blended. Stir in quinoa.

Ingredients:

- 1 teaspoon sugar
- 2 teaspoons grated lemon rind
- 1/2 teaspoon freshly ground black pepper
- 3 garlic cloves, minced
- 1 (10-ounce) package frozen baby lima beans
- 4 cups chopped tomato
- 1/2 cup sliced green onions
- 1/2 cup chopped carrot
- 1 (15-ounce) can black beans, rinsed and drained



4. Cook lima beans according to package directions, omitting salt and fat. Cool completely. Add the lima beans, tofu, chopped tomato, green onions, chopped carrot, and black beans to quinoa mixture; stir gently to combine. Store, covered, in refrigerator until ready to serve.



Serves 10 (1 Cup)

Sarang
Herbs & Food



Quinoa Salad with Apricots and Pistachios

"A tiny grain with a texture lighter than rice, quinoa (KEEN-wah) is often dubbed "supergrain" because it's rich in many nutrients, particularly protein. If apricots are in season where you live, by all means substitute fresh--about 6, coarsely chopped--in place of the dried".

Ingredients: SALAD

- 3 cups water
- 1 cup uncooked quinoa
- 1/2 teaspoon salt
- 4 cups thinly sliced romaine lettuce
- 1/3 cup dried apricots (about 10), quartered
- 1/3 cup golden raisins
- 1/4 cup shelled dry-roasted pistachios
- 1/4 cup thinly sliced green onions
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh cilantro
- 2 tablespoons finely chopped fresh mint
- 1/4 teaspoon black pepper

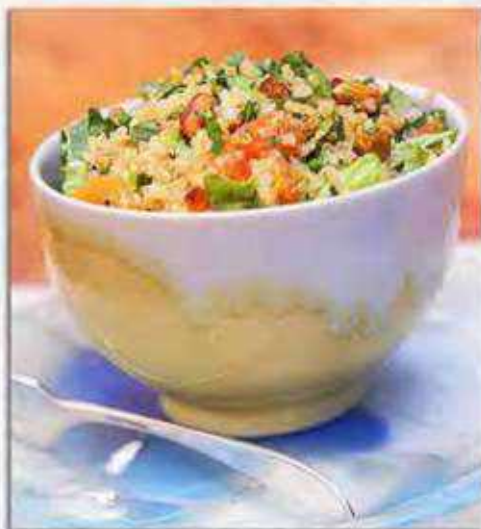
Ingredients: VINAIGRETTE

- 1/2 teaspoon grated lime rind
- 3 tablespoons fresh lime juice
- 2 tablespoons mirin (sweet rice wine) or slightly sweet white wine (such as Riesling)
- 1 tablespoon olive oil
- 1/2 to 1 teaspoon minced jalapeño pepper
- 1/4 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/4 teaspoon paprika

Method

1. To prepare the salad, combine water, quinoa, and salt in a large saucepan. Bring to a boil; reduce heat, and simmer 15 minutes. Drain the quinoa mixture through a sieve over a bowl, reserving 3 tablespoons cooking liquid. Combine quinoa mixture, lettuce, and next 8 ingredients (lettuce through black pepper) in a large bowl; set aside

2. To prepare the vinaigrette, combine reserved 3 tablespoons cooking liquid, lime rind, and remaining ingredients in a bowl, stirring well with a whisk. Pour vinaigrette over quinoa mixture, and toss well to coat.



4 servings (serving size: 1 3/4 cups)

Sarang
Herbs & Food



Quinoa Salad with Artichokes and Parsley

"Parsley has its own spot on the seder plate, representing spring. Although quinoa is considered a whole grain, it is, in fact, a seed—making it a welcome addition to a Passover meal".

Ingredients:

- 1 tablespoon olive oil
- 1 cup chopped spring or sweet onion
- 1/2 teaspoon chopped fresh thyme
- 1 (9-ounce) package frozen artichoke hearts, thawed
- 1 cup fat-free, lower-sodium chicken broth

Ingredients:

- 1/2 cup uncooked quinoa
- 1 cup chopped fresh parsley
- 5 teaspoons grated lemon rind
- 1 1/2 tablespoons fresh lemon juice
- 1/4 teaspoon kosher salt

Method

1. Heat oil in a medium saucepan over medium-high heat. Add onion and thyme; sauté 5 minutes or until onion is tender. Add artichokes; sauté 2 minutes or until thoroughly heated. Add broth and quinoa; bring to a simmer. Cover and cook 18 minutes or until liquid is completely absorbed.

2. Remove pan from heat. Stir in parsley, rind, juice, and salt. Serve warm or at room temperature.



Ready in 32 Mins; Serves 8 (1/3 Cup)

Sarang
Herbs & Food



Beet, Blood Orange, Kumquat and Quinoa Salad

"This hearty grain salad featuring blood orange sections, beets, kumquats and avocado is brimming with rich colors, textures and nutrients from the vitamin- and protein-packed ingredients".

Ingredients: Dressing

- 1/4 cup finely chopped green onions
- 2 teaspoons grated blood orange rind
- 1 teaspoon grated lemon rind
- 2 tablespoons blood orange juice
- 1 tablespoon fresh lemon juice
- 2 teaspoons finely chopped cilantro
- 1/4 teaspoon salt
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground cumin
- 1/4 teaspoon paprika

Ingredients:

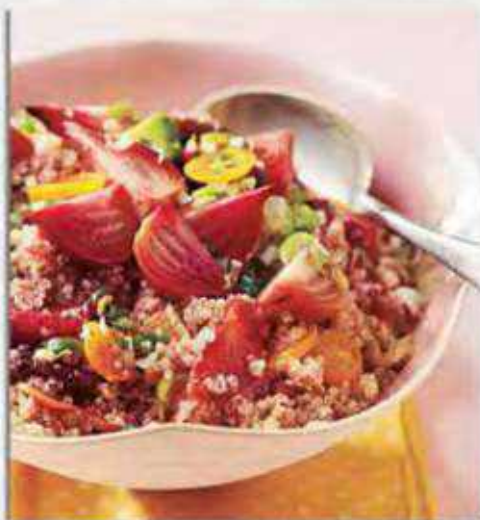
- 3 tablespoons extra-virgin olive oil
- ### SALAD:
- 1 cup uncooked quinoa
 - 1 3/4 cups water
 - 1/2 teaspoon salt, divided
 - 1 cup blood orange sections, chopped
 - 1 cup diced peeled avocado
 - 6 whole kumquats, seeded and sliced
 - 2 medium beets, cooked and cut into wedges

Method

1. To prepare dressing, combine first 10 ingredients in a medium bowl, stirring with a whisk. Gradually add oil, stirring constantly with a whisk. Set aside.

2. To prepare salad, place quinoa in a fine sieve, and place sieve in a large bowl. Cover quinoa with water. Using your hands, rub grains together for 30 seconds; rinse and drain. Repeat procedure twice. Drain well.

3. Combine 1 3/4 cups water, quinoa, and 1/4 teaspoon salt in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer for 10 minutes or until liquid is absorbed. Remove from heat; fluff with a fork. Combine quinoa, remaining 1/4 teaspoon salt, blood orange sections, avocado, and kumquats in a large bowl, tossing gently to combine. Add dressing; toss gently to coat salad. Spoon 1 cup salad onto each of 4 plates; top each serving with about 1/2 cup beets.



Ready in 32 Mins; Serves 4

Sarang
Herbs & Food



Toasted Quinoa, lentil and poached salmon salad

"Great if you're following a low-cholesterol diet, this fresh plate of greens contains nutty, toasted supergrains and flavoursome lemon and herbs"

Ingredients:

- 140g quinoa
- 1 tsp olive oil
- 400ml light vegetable stock (we used bouillon)
- 250g asparagus, trimmed
- 100g frozen soya beans
- 140g broccoli, florets trimmed and halved (we used Tenderstem)

Method

1. Rinse the quinoa and tip into a large non-stick frying pan. Turn the heat to medium and dry out the grains, stirring to move them about the pan. Once all the liquid has evaporated, stir in the oil. Continue cooking the quinoa until it has turned a nutty brown and starts to 'pop' - this will take 10-15 mins. Stir every so often to stop the quinoa burning. Pour over the stock and simmer for 15-20 mins until all the liquid has been absorbed. Tip into a bowl and allow to cool.

2. Meanwhile, bring a large pan of water to the boil. Drop in the soya beans, asparagus and broccoli, and simmer for 2 mins. Remove using a slotted spoon and plunge into a bowl of ice-cold water. Drain the vegetables.

3. Add 1 tsp of the lemon juice to the pan with the vegetable water, then turn the heat down to a gentle simmer. Season the salmon fillets and submerge fully in the water. Poach for 6-8 mins until just cooked. Remove, allow to cool, then take off the skin and flake into large chunks.

Ingredients:

- 2 salmon fillets (about 150g each)
- ½ garlic clove, crushed
- 250g pack ready-cooked puy lentils
- 6 spring onions, sliced on the diagonal
- Large handful mint and parsley, roughly chopped
- 85g baby spinach leaves
- 25g flaked almonds, toasted
- Zest and juice 1 lemon



4. Make a dressing by mixing together the garlic, most of the lemon zest and remaining lemon juice. Mix the quinoa, lentils, drained vegetables, spring onions, herbs, spinach and dressing together in a large bowl, then season. Pile onto a serving plate, top with the salmon, then scatter over the almonds and remaining lemon zest.



Ready in 55 Mins; Serves 6

Sarang
Herbs & Food



Warm Quinoa Salad with grilled Halloumi

"This iron-rich, veggie dish is a great source of iron and uses gluten-free quinoa for an extra dose of protein"

Ingredients:

- 3 tbsp extra-virgin olive oil
- 1 small red onion, sliced
- 1 large roasted pepper from a jar, thickly sliced, or a handful of ready-roasted sliced peppers
- 200g quinoa

Ingredients:

- 500ml vegetable stock
- Small bunch flat-leaf parsley, roughly chopped
- Zest and juice 1 Lemon
- large pinch sugar
- 250g pack halloumi cheese, cut into 6 sliced

Method

1. Heat 1 tbsp of the oil in a medium saucepan. Cook the onion and pepper for a few mins, then add the quinoa and cook for a further 3 mins. Add the stock, cover and turn the heat down to a simmer. Cook for 15 mins or until soft, then stir through half the parsley. Heat the grill.

2. Meanwhile, mix the lemon zest and juice with the remaining parsley and oil, and a large pinch of sugar and salt. Grill the halloumi until both sides are golden and crisp. Serve the salad with the grilled halloumi and the dressing poured over everything.



Ready in 40 Mins; Serves 3

Sarang
Herbs & Food



Colorful Quick Quinoa Grecian Salad

"Finalist--Salads and Sides. "I worked at a natural foods market and discovered all kinds of new grains. Since then, I have been experimenting in the kitchen and came up with this recipe during the peak of summer's harvest." -Margee Berry, White Salmon, WA".

Ingredients:

- 2 cups uncooked quinoa
- 3 cups fat-free, less-sodium chicken broth
- 2 tablespoons extravirgin olive
- 1 teaspoon minced fresh mint
- 1 teaspoon grated lemon rind
- 2 teaspoons fresh lemon juice
- 1 teaspoon sherry vinegar
- 1/2 teaspoon sea salt

Ingredients:

- 1 cup cherry tomatoes, quartered
- 1 cup thinly sliced radicchio
- 1/2 cup chopped yellow bell pepper
- 1/2 cup chopped English cucumber
- 1/3 cup (about 1 1/2 ounces) crumbled reduced-fat feta cheese
- 3 tablespoons chopped pitted kalamata olives
- 1 tablespoon minced shallots

Method

1. Place quinoa in a large bowl; cover with water. Let stand 5 minutes; rinse well, and drain.

2. Bring broth to a boil in a large saucepan; stir in quinoa. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Uncover; fluff with a fork. Cool to room temperature.

3. Combine olive oil and next 5 ingredients (through sea salt) in a large bowl. Add cooled quinoa, tomatoes, and the remaining ingredients; toss well.



Ready in 25 Mins; Serves 10 (1 Cup)

Sarang
Herbs & Food



Griddled chicken with quinoa Greek salad

"A light dish of grilled chicken fillets and authentic salad with Kalamata olives, feta cheese, tomato and mint"

Ingredients:

- 225g quinoa
- 25g butter
- 1 red chilli, deseeded and finely chopped
- 1 garlic clove, crushed
- 400g chicken mini fillets
- 1½ tbsp extra-virgin olive oil
- 300g vine tomatoes, roughly chopped

Ingredients:

- Handful pitted black kalamata olives
- 1 red onion, finely sliced
- 100g feta cheese, crumbled
- small bunch mint leaves, chopped
- Juice and zest ½ lemon

Method

1. Cook the quinoa following the pack instructions, then rinse in cold water and drain thoroughly.

2. Meanwhile, mix the butter, chilli and garlic into a paste. Toss the chicken fillets in 2 tsp of the olive oil with some seasoning. Lay in a hot griddle pan and cook for 3-4 mins each side or until cooked through. Transfer to a plate, dot with the spicy butter and set aside to melt.

3. Next, tip the tomatoes, olives, onion, feta and mint into a bowl. Toss in the cooked quinoa. Stir through the remaining olive oil, lemon juice and zest, and season well. Serve with the chicken fillets on top, drizzled with any buttery chicken juices.



Ready in 20 Mins; Serves 4

Sarang
Herbs & Food



Chicken & Quinoa Salad with Beetroot Yogurt

"Beetroot adds a vibrant purple hue to this roast chicken dish with supergrains, vegetables and lemon"

Ingredients:

- 4 chicken thighs, skin left on
- 2 red onions, cut into wedges (keep the roots intact)
- 3 carrots, cut into batons
- 1 tbsp olive oil
- 1 lemon, sliced
- 2 tbsp clear honey
- 250g quinoa

Ingredients:

- 140g vacuum-packed beetroot (not in vinegar), finely chopped
- 5 tbsp Greek-style yogurt
- 1 garlic clove, crushed
- Small handful dill, chopped, plus a few fronds to garnish

Method

1. Heat oven to 200C/180C fan/gas 6. Place the chicken thighs, onions and carrots in a roasting tin. Season, drizzle with the oil and nestle lemon slices around. Bake for 30 mins. Stir everything, drizzle with the honey and bake for another 15 mins until the chicken is cooked through and tender.

2. Meanwhile, cook the quinoa following pack instructions, then rinse with cold water and drain thoroughly.

3. Mix the beetroot, yogurt, garlic, dill and some seasoning in a bowl. In a separate bowl, mix the quinoa, the roasted veg and 2 tbsp of the cooking juices. Pop the chicken thighs and lemon slices on top, then scatter with dill fronds. Serve with a dollop of the beetroot yogurt on the side.



Ready in 55 Mins; Serves 4

Sarang
Herbs & Food



Herby Quinoa, Feta and Pomegranate salad

"A Middle Eastern-style mezze bowl with healthy grains, parsley, mint and coriander"

Ingredients:

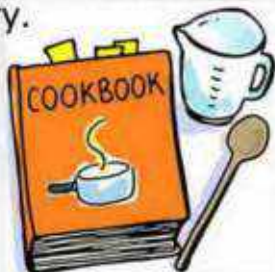
- 300g Quinoa
- 1 red onion, finely chopped
- 85g raisins or sultanas
- 100g feta cheese, crumbled
- 200g pomegranates seeds from tub or fruit
- 85g toasted pine nuts or toasted flaked almonds

Ingredients:

- small pack each coriander, flat leaf parsley and mint, roughly chopped
- Juice 3 Lemon
- 1 tsp sugar

Method

1. Cook the quinoa following pack instructions – it should be tender but with a little bite. Drain well and spread over a platter or wide, shallow bowl to cool quickly and steam dry.



2. When the quinoa is just about cool stir through all of the remaining ingredients with plenty of seasoning.



Ready in 25 Mins; Serves 6 - 8

Sarang
Herbs & Food



Summer fruit Quinoa salad

"Sjazz up this good-for-you grain with some stone fruits like apricots, peaches and nectarines- add a little mint and parsley for colour and flavour"

Ingredients:

- 100g Quinoa
- 3 peaches or nectarines or 6 apricots, diced
- 50g toasted hazelnuts, roughly chopped

Ingredients:

- Handful mint, roughly chopped
- Handful parsley, roughly chopped
- 2 tbsp olive oil
- Zest and juice 1 lemon

Method

1. Put the quinoa in a medium saucepan and cover with 300ml water. Bring to the boil and simmer for 20 mins or until the quinoa is tender. Drain off any excess liquid and set aside to cool.



2. Add the fruit, hazelnuts, herbs and seasoning to the cooled quinoa.



3. Whisk together the olive oil, lemon zest and juice. Pour over the salad and mix thoroughly.



Ready in 35 Mins; Serves 4

Sarang
Herbs & Food



Spicy Tuna Quinoa Salad

"Ready-to-eat pouches of grain mean you can have a healthy lunch in minutes - mix with veg and sustainable fish"

Ingredients:

- 1 onion, sliced
- 350g peppers, sliced
- 1 tbsp olive oil
- 1 red chilli, finely chopped
- 225g pouch ready-to-eat quinoa

Ingredients:

- 350g cherry tomatoes, halved
- handful black olives, chopped
- 225g jar albacore tuna in olive oil, flaked

Method

1. Fry the onion and peppers in the oil until soft. Add the chilli and cool slightly.

2. Mix the quinoa, onion mixture, cherry tomatoes, olives and tuna together. Divide between 4 plates, pour over a little of the oil from the tuna jar, season and serve.



Ready in 20 Mins; Serves 4

Sarang
Herbs & Food



Quinoa, Herb and Pomegranate salad

"A new way to use all-round wonder ingredient quinoa in a tasty, low GI supper for two"

Ingredients:

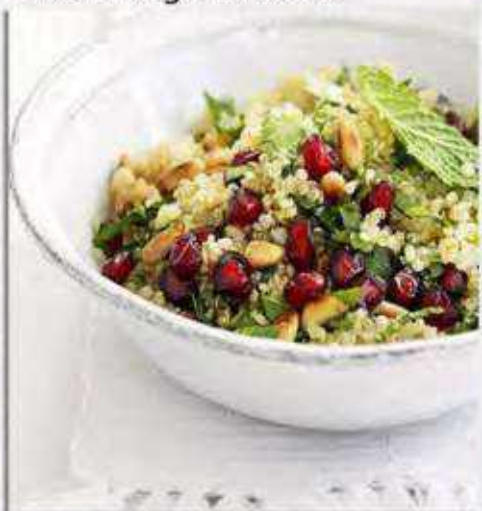
- 150g quinoa
- ½ vegetable stock cube
- 75g pine nuts
- 1 pomegranate seeds removed

Ingredients:

- A small handful mint, chopped
- A small handful coriander, chopped
- 1 lime juiced
- Extra-virgin olive oil

Method

1. Cook the quinoa according to pack instructions adding the vegetable stock cube to the cooking water. Leave to cool, then break up with a fork.



2. Meanwhile, toast the pine nuts in a dry frying pan until lightly golden. Mix the pine nuts, pomegranate seeds, herbs, lime juice and 4 tbsp oil through the quinoa.



Ready in 20 Mins; Serves 2

Sarang
Herbs & Food



Quinoa stew with Squash, Prunes & Pomegranate

"Get a dose of iron and protein from this healthy, squash casserole that's full of texture and flavour"

Ingredients:

- 1 small butternut squash, deseeded and cubed
- 2 tbsp olive oil
- 1 large onion, thinly sliced
- 1 garlic clove, chopped
- 1 tbsp finely chopped ginger
- 1 tsp ras-el-hanout or Middle Eastern spice mix

Ingredients:

- 200g quinoa
- 5 prunes, roughly chopped
- Juice 1 Lemon
- 600ml vegetable stock
- Seeds from 1 pomegranate
- Small handful mint leaves

Method

1. Heat oven to 200C/180C fan/gas 6. Put the squash on a baking tray and toss with 1 tbsp of the oil. Season well and roast for 30-35 mins or until soft.

2. Meanwhile, heat the remaining oil in a big saucepan. Add the onion, garlic and ginger, season and cook for 10 mins. Add the spice and quinoa, and cook for another couple of mins. Add the prunes, lemon juice and stock, bring to the boil, then cover and simmer for 25 mins



3. When everything is tender, stir the squash through the stew. Spoon into bowls and scatter with pomegranate seeds and mint to serve



Ready in 55 Mins; Serves 4

Sarang
Herbs & Food



Mango Quinoa Salad



Sheet Description

Delicious and very healthy Mango Quinoa Salad, great serving with any main dish

Ingredients

- 1 2 Cups Cooked quinoa, Cooled
- 2 1/4 Cup dried Cranberries
- 3 1 Cup mango, Finely Chopped
- 4 1/2 English Cucumber, Chopped
- 5 1/2 red pepper, Chopped
- 6 2 green onions, Chopped
- 7 2 Tbsp slivered almonds
- 8 2 Tbsp Chopped Fresh Flat leaf parsley
- 9 2 Tbsp Canola oil
- 10 1 Tbsp white wine vinegar
- 11 1 juice of an orange
- 12 1 Tbsp grated orange zest
- 13 1/4 Tsp pepper
- 14 1/2 Tsp Cumin
- 15 1/2 Tsp granulated sugar



Cooking Procedure

- 1 Place quinoa in a medium-sized serving bowl then add Cranberries, mango Cucumber, red pepper, green onions, almonds and parsley to the quinoa
- 2 In a salad dressing Container Combine Canola oil, white wine vinegar, orange juice and zest, pepper, Cumin and sugar then mix vigorously and set aside
Pour dressing over top and toss salad to Coat with the dressing



Quinoa, Courgette and feta Salad

"Try quinoa in place of couscous for a main-course summer salad - it's packed with protein"

Ingredients:

- 75g quinoa
- 1 large courgette
- 1 tbsp red wine vinegar
- olive oil
- 4 spring onions finely sliced

Ingredients:

- 100g cherry tomatoes halved
- 1 red chilli finely chopped
- 100g feta cheese crumbled
- small bunch parsley chopped

Method

1. Cook the quinoa following the pack instructions then drain and rinse under cold water. Drain again. Cut the ends off the courgette then cut into ribbons using a potato peeler. Whisk together the vinegar and 2 tbsp oil and season.



2. Put the rest of the ingredients in a large bowl, then pour over the dressing and toss everything together.



Ready in 30 Mins; Serves 2

Sarang
Herbs & Food



Quinoa & feta salad with roasted vegetables

"Quinoa is a fine, protein-packed grain that helps to keep you satisfied until your next meal, making this veggie salad a great lunchbox filler"

Ingredients:

- 200g quinoa
- 3 tbsp olive oil
- 1 red onion, peeled but left whole, then cut into 1cm thick round slices
- 2 peppers, red, yellow or mixture, deseeded and cut into chunky long wedges

Ingredients:

- 200g baby courgettes, halved lengthways
- 3 garlic cloves, unpeeled
- Zest and juice 1 lemon
- Pinch of sugar
- Small pack flat-leaf parsley, roughly chopped
- 200g pack feta cheese

Method

1. Cook the quinoa following pack instructions, then drain really well and set aside.

2. Meanwhile heat oven to 200C/180C fan/gas 6. Toss the onion and peppers with 1 tbsp of the oil and seasoning on a roasting tray, then roast for 15 mins.

3. Toss the courgettes and garlic with the rest of the veg and roast for another 15 mins.

4. Squeeze the roasted garlic cloves out of their skins and mash with some seasoning. Stir in the remaining oil, lemon juice and zest and season with sugar to taste. Drizzle over the quinoa and toss together with the roasted vegetables and parsley. Crumble over the feta, toss gently again and serve.



Ready in 1 Hr; Serves 4

Sarang
Herbs & Food



Spicy Grilled Shrimp with Quinoa Salad

"Quinoa, shrimp, and chickpeas pack a triple punch of protein in the this tasty summer dish of Spicy Grilled Shrimp with Quinoa Salad".

Ingredients:

- 1/4 cup fresh lime juice, divided
- 10 teaspoon olive oil, divided
- 2 teaspoons chili powder
- 1 teaspoon ground cumin, divided
- 1/4 teaspoon black pepper
- 1/4 teaspoon hot pepper sauce
- 1/8 teaspoon Spanish smoked paprika
- 4 garlic cloves, chopped and divided
- 24 large shrimp, peeled and deveined
- 3/4 cup uncooked quinoa

Method

1. Preheat grill to high heat.
2. Combine 2 tablespoons lime juice, 1 tablespoon olive oil, chili powder, 1/2 teaspoon cumin, black pepper, hot sauce, paprika, and 2 garlic cloves in a medium bowl. Add shrimp; toss well. Marinate in refrigerator 30 minutes.
3. Rinse and drain quinoa. Heat 1 teaspoon oil in a large saucepan over medium-high heat. Add onion to pan; sauté 3 minutes. Add remaining 2 garlic cloves and quinoa; cook 2 minutes, stirring constantly. Add 1 cup water; bring to a boil. Cover, reduce heat, and simmer 13 minutes or until liquid is absorbed. Cool. Combine remaining 2 tablespoons lime juice, remaining 2 tablespoons olive oil, remaining 1/2 teaspoon cumin, 1/4 teaspoon salt, and honey in a large bowl; stir with a whisk. Add quinoa mixture, tomatoes, chickpeas, avocado, and cheese; toss gently.

Ingredients:

- 1/2 cup chopped onion
- 1 cup water
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon honey
- 1 cup cherry tomatoes, halved
- 1/2 cup canned organic chickpeas, rinsed and drained
- 1/2 cup diced peeled avocado
- 1 ounce feta cheese, crumbled
- Cooking spray
- 1/4 cup chopped fresh cilantro



4. Remove shrimp from bowl; discard marinade. Sprinkle shrimp with remaining 1/4 teaspoon salt. Thread 3 shrimp onto each of 8 (6-inch) skewers. Place skewers on grill rack coated with cooking spray. Grill 2 minutes on
5. Divide quinoa mixture evenly among 4 plates. Top each serving with 2 skewers. Garnish with cilantro.



Ready in 58 Mins; Serves 4

Sarang
Herbs & Food



Quinoa Biryani with Kala Chana



METHOD

- Place all the quinoa 'rice' ingredients in a pot and bring to a boil. Lower heat to medium-low and let the quinoa cook until it has absorbed most of the water.
- Lower the heat to low, slip on a tight-fitting lid and let it cook for another 10 minutes.
- For the kala chana sauce:
- Heat the oil in a large, heavy pot.
- Add the cardamom, cloves and cinnamon and stir fry for a few seconds. Add the shallots, etc, then add the onions.
- Sauté, stirring frequently, until the onions are browning at the edges.
- Add the ginger and garlic, stir fry for 30 seconds, then add the turmeric powder, biryani masala and coriander seed powder. Stir again to coat the spices with the oil, then add the tomato puree.
- Cook for about five minutes, stirring often, and then add half of the fried onions, coconut milk and lemon. Add the cumin and coriander leaves. Stir.
- Add the drained, cooked kala chana. Stir together and let it all come to a boil. If the mixture is too dry, add some of the stock from boiling the kala chana. You want a thick gravy.
- Reduce the heat to low.
- Now puff the cooked quinoa with a fork so the grains separate. Pour over the kala chana masala in an even layer, using a ladle to help spread it evenly.
- Sprinkle the quinoa with the remaining fried onions. Put on a tight-fitting lid and cook over a low flame for 15 minutes.
- Let the biryani stand for at least 15 minutes before serving. While serving, make sure you dig all the way to the bottom of the pot with the ladle to get a good mix of the quinoa and the masala.

INGREDIENTS

- For the Quinoa 'Rice':
- 1.5 cups - quinoa, rinsed thoroughly in a fine-mesh strainer
 - 3.25 cups - water
 - 1/2-inch stick - Cinnamon
 - 2 - green Cardamom pods
 - 2 - Cloves
 - Salt to taste
- For the Kala Chana sauce:
- 3 - green Cardamom pods
 - 3 - Cloves
 - 1-inch piece - Cinnamon
 - 1 tsp - shallots
 - 1 - large onion, very finely chopped
 - 6 Cloves - Garlic, very finely grated or put through a Garlic press
 - 1 inch knob - ginger, finely grated
 - 1/2 cup - Tomato puree
 - 1 tsp - Coriander seed powder
 - 1 tbsp - Biryani masala
 - 1/2 tsp - Turmeric
 - 1/2 cup - Coconut Milk
 - Juice of 1 Lemon
 - 1/2 cup - fried Onions (you can even buy these in a packet)
 - 1/4 cup - finely chopped Coriander leaves
 - 1/4 cup - finely Chopped Mint
 - 1 tsp - Olive oil



Quinoa Pulao



METHOD

- 1 Wash the quinoa well under running cold water. Soak it for about 1-2 hr and then drain it and keep it aside.
- 2 In a kadai or non-stick pan, heat some oil or ghee and add the masala items (asaunf, cinnamon, bay leaf, star anise and Cardamom).
- 3 Fry them for a couple of minutes and then add the sautis.
- 4 Fry it for a minute until the sautis puff up and then add the onions and green chillies.
- 5 Saute until onions are translucent and then add the vegetables.
- 6 Saute them for a few minutes (about 5 mins) and then add the drained quinoa.
- 7 Fry the quinoa until all the moisture evaporates (about 7-8 mins).
- 8 Add the salt and garam masala powder. Add about 2 cups of water and let it come to a boil over medium high heat.
- 9 Then simmer and cook covered until the quinoa is cooked and all the water is evaporated (about 20 mins).
- 10 This can be also cooked in a cooker.
- 11 If there is some moisture left after the quinoa is cooked, you could open the lid and let it evaporate, stirring frequently.
- 12 Recipe courtesy: My Cooking Journey

INGREDIENTS

- 1 cup - Quinoa
- 1 Onion - (finely chopped)
- 1 cup - mixed vegetables
- 2 - Green chillies (sliced)
- 1 tsp - saunf/fennel seeds
- 1 stick - Cinnamon
- 2 - Bay Leaves
- 1 - Star anise (optional)
- 1 - Cardamom
- 1/4th cup - Raisins
- 2 tsp - Ghee or oil
- Salt to taste
- 1/4th tsp - Garam Masala



Quinoa rice pilau with Dill and Roasted tomatoes

"Whip up a quinoa rice marvel in minutes - it's superhealthy and counts as 1 of 5-a-day"

Ingredients:

- 250g cherry tomatoes, halved
- 4 tbsp olive oil
- 1 onion, thinly sliced
- 3 sticks celery, sliced
- ½ tsp cumin seeds
- 2 garlic cloves, finely chopped
- 100g basmati rice (brown or white)
- 140g quinoa

Ingredients:

- 2 x 20g packs dill, chopped
- 500ml chicken or vegetable stock (from a cube is fine)
- 50g pine nuts, toasted
- white fish, such as sea bass to serve

Method

1. Heat oven to 180C/fan 160C/gas 4. Put the tomatoes on a baking sheet and drizzle with 2 tbsp olive oil and some seasoning. Roast for 15 mins, remove and set aside.



2. Heat the remaining olive oil in a large pan. Add the onion, celery, cumin and garlic, then season to taste. Fry on a medium heat for 10 mins until golden. Add the rice, quinoa, dill and stock. Cover with a lid and cook for 12-15 mins or until the rice is soft. Add the tomatoes and pine nuts, and gently stir through. Serve with white fish or a green salad.



Ready in 35 Mins; Serves 4 - 6

Sarang
Herbs & Food



Vegetable Quinoa Biryani

Vegetable Biryani ingredients:

- 1 tablespoon vegetable oil
- 1 tablespoon ghee (See Note)
- 1 teaspoon cumin seeds
- ½ teaspoon whole black peppercorns
- 4 green cardamom pods, bruised
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 2 medium yellow or white potato, julestin and diced (bite size)
- 2 whole green chilies split in half
- 2 cups of small cauliflower florets
- ½ teaspoon red chili or cayenne powder
- ¼ teaspoon of turmeric powder
- 2 tablespoons of garam masala (See note)
- ¼ cup of frozen green peas, defrosted
- ½ cup of white or yellow frozen corn, defrosted
- 1 ½ cups of plain low fat yogurt, at room temperature
- Salt to taste
- 2 tablespoons of mint, chopped and divided
- 1 tablespoon of cilantro, chopped



Method:

- Cook the quinoa:** Set aside the saffron threads in a small bowl. In a medium sauce pan place the quinoa, water, salt, bay leaves, cinnamon stick and cumin seeds and bring to a boil. Once it reaches a boil remove 1 tablespoon of water and add it to the saffron and set that aside. Reduce the heat to low, cover and simmer for about 10-15 minutes. Quinoa appears soft and translucent, and a germ ring is visible along the outside edges of the grain when it is fully cooked. Fluff the quinoa with a fork. Remove the cinnamon stick and bay leaves and stir in the water and saffron mixture.
- Prepare the braised onion topping:** While the quinoa is cooking heat the oil on medium high in a non-stick skillet. Once the oil is heated sauté the onions stirring occasionally to ensure they do not burn until they are golden brown. Using a slotted spoon remove onions from the heat and spread out on a plate lined with a kitchen towel to absorb the excess oil. Set aside.
- Make the vegetable mixture:** In a large heavy non-stick pot heat the oil and ghee on medium heat. Now add the cumin seeds, peppercorns and cardamoms and wait till the cumin seeds start sputtering. When they start sputtering add the ginger and garlic paste and cook stirring for 1-2 minutes until the raw garlic smell dissipates.
- Now add the potatoes and green chilies and cook for a minute. Add the cauliflower and cook until the potatoes and cauliflower are fork tender. Add the cayenne, turmeric and garam masala and cook everything together for a minute.
- Turn off the heat and stir in the peas and corn. Let it get warmed up for 1-2 minutes. When the temperature of the dish has come down a bit stir in the yogurt and set aside for 5 minutes. Add salt per taste.
- Assemble the biryani just before serving:** Stir 1 tablespoon of mint and half of the fried onions into the vegetable mixture. Layer the quinoa on top of the vegetables and top with the remaining onions and one tablespoon of water. Cover and cook everything together on low heat for 5 minutes or till everything is warmed up. Garnish with the remaining mint and cilantro and serve immediately.

Notes:

- Ghee is clarified butter and is commonly used for cooking in the Indian Subcontinent; it is widely available in all Indian, Pakistani and Bangladeshi stores. If you cannot find ghee – just use another tablespoon of vegetable oil instead.
- Garam Masala is found in major chain grocery stores and Indian grocery stores. If you do not have a store-bought Garam Masala, you can easily make and bottle your own. Here is an easy [Garam Masala recipe](#).

Vegetable Quinoa Biryani Recipe

Time: 45 minutes

Yield: 4-6 servings

Ingredients:

Quinoa ingredients:

- ¼ teaspoon of good quality saffron threads
- 1 ½ cups of quinoa
- 3 cups + 1 tablespoon of water
- 1 teaspoon of salt
- 1 teaspoon of cumin seeds
- 2 bay leaves
- 1 cinnamon stick

Onion Topping ingredients:

- 2 tablespoons vegetable oil
- 1 large red onion or 2 medium red onions, thinly sliced



Sarang
Herbs & Food



Plain Cooked Quinoa in Rice Cooker



INGREDIENTS

Nutrition

servings 2

units US

$\frac{3}{4}$ cup quinoa

water

2 drops olive oil

salt (suggested 1/4 of a tea spoon)



DIRECTIONS

Drop quinoa in rice cooker.

Fill in with filtered water per rice cooker instruction.

Add olive oil and salt.

Let it cook until rice cooker turns off (about 20 minutes).



Sarang
Herbs & Food



Mexican chicken stew with Quinoa & Beans

"Spicy chicken casserole with a healthy superfood side dish of protein rich QUINOA"

Ingredients:

- 140g quinoa
- 2 chicken stock cubes
- 1 x 400g can pinto beans, drained
- Small bunch coriander, most chopped a few leaves left whole
- juice 1 lime
- 1 tbsp sugar
- Natural yogurt to serve

Ingredients:

- 1 tbsp olive oil
- 1 onion sliced
- 2 red peppers & deseeded and chopped into largish chunks
- 3 tbsp chipotle paste
- 2 x 400g cans chopped tomatoes
- 4 skinless chicken breasts

Method

1. Heat the oil in a deep frying pan and fry the onions and peppers for a few mins until softened. Stir in the chipotle paste for a minute, followed by the tomatoes. Add up to a tomato can-full of water to cover the chicken and bring to a gentle simmer. Add the chicken breasts and gently simmer, turning the chicken occasionally, for 20 mins until the chicken is cooked through.

2. Bring a large saucepan of water to the boil with the stock cubes. Add the quinoa and cook for 15 mins until tender, adding the beans for the final min. Drain well and stir in the coriander and lime juice, then check for seasoning before covering to keep warm.



3. Lift the chicken out onto a board and shred each breast using two forks. Stir back into the tomato sauce with the sugar and season. Serve with the quinoa, scattering the stew with some coriander leaves just before dishing up and eating with a dollop of yogurt on the side.



Ready in 55 Mins; Serves 4 - 5

Sarang
Herbs & Food



Spicy Cajun Chicken Quinoa

"Protein-packed quinoa makes this midweek meal a superhealthy option"

Ingredients:

- 4 skinless chicken breasts, cut into bite-sized pieces.
- 1 tbsp Cajun seasoning
- 100g quinoa
- 600ml hot chicken stock
- 100g dried apricots, sliced

Ingredients:

- ½ x 250g pouch ready-to-use Puy lentils
- 1 tbsp olive oil
- 2 red onions, cut into thin wedges
- 1 bunch spring onions, chopped
- Small bunch coriander, chopped

Method

1. Heat oven to 200C/180C fan/gas 6. Toss the chicken with the Cajun spice and arrange in a single layer in a roasting tin. Bake for 20 mins until the chicken is cooked. Set aside.

2. Meanwhile, cook the quinoa in the chicken stock for 15 mins until tender, adding the apricots and lentils for the final 5 mins. Drain and place into a large bowl with the chicken, toss together.



3. While the quinoa is cooking, heat the oil in a large frying pan and soften the onions for 10-15 mins. Toss the onions into the quinoa with the coriander and some seasoning, then mix well.



Ready in 35 Mins; Serves 4

Sarang
Herbs & Food



Spiced lamb with lemon and herb Quinoa

"Quickly griddle marinated lamb on a sizzling grill then serve with a healthy grain salad with herbs and citrus"

Ingredients:

- 1 tbsp cumin seed
- 1 garlic clove
- ¼ tsp red chilli or pinch of chilli flakes
- Juice 1 lemon
- 4 tbsp olive oil
- 8 lamb chops

Ingredients:

- 250g quinoa
- 5 spring onions, sliced
- Small handful coriander
- Steamed stem broccoli, to serve

Method

1. In a pestle with a mortar crush the cumin seeds then add the garlic clove, chilli and some salt and pepper. Mash to a paste. Stir in the lemon juice and olive oil and pour half the mix over the lamb chops and leave to marinate. Set the other half aside.

2. Rinse the quinoa in cold water then place in a saucepan with twice the volume of water. Place on the heat and bring to the boil then turn down the heat slightly and boil gently for 10 mins. Turn the heat off and stir through the reserved dressing. Cover and leave for another 10 mins.



3. Meanwhile heat a griddle pan or grill to high and cook the lamb for about 3-5 mins on each side or until cooked to your liking. When ready to serve stir the spring onions and coriander through the quinoa and serve with the lamb and steamed stem broccoli dressed in a drizzle more oil.



Ready in 35 Mins; Serves 4

Sarang
Herbs & Food



Tomato, Squash, and Red Pepper Gratin

“Serve with a salad of fresh summer greens”.

Ingredients:

- 5 teaspoons olive oil, divided
- 2 cups chopped red onion
- 1 1/2 cups chopped red bell pepper
- 1 pound yellow squash, cut into 1/4-inch thick slices
- 1 tablespoon minced garlic
- 1/2 cup cooked quinoa
- 1/2 cup thinly sliced fresh basil, divided
- 1 1/2 teaspoons chopped fresh thyme
- 3/4 teaspoon salt, divided

Ingredients:

- 1/2 teaspoon black pepper
- 1/2 cup 2% reduced-fat milk
- 3 ounces aged Gruyère cheese, shredded (about 3/4 cup)
- 3 large eggs, lightly beaten
- Cooking spray
- 1 1/2 ounces French bread baguette, torn
- 1 (12-ounce) beefsteak tomato, seeded and cut into 8 slices

Method

1. Preheat oven to 375°
2. Heat a large nonstick skillet over medium heat. Add 4 teaspoons oil; swirl to coat. Add onion; cook 3 minutes. Add bell pepper; cook 2 minutes. Add squash and garlic; cook 4 minutes. Place vegetable mixture in a large bowl. Stir in quinoa, 1/4 cup basil, thyme, 1/2 teaspoon salt, and black pepper.
3. Combine remaining 1/4 teaspoon salt, milk, cheese, and eggs in a medium bowl, stirring with a whisk. Add milk mixture to vegetable mixture, stirring until just combined. Spoon mixture into an 11 x 7 inch glass or ceramic baking dish coated with cooking spray.



4. Place bread in a food processor; pulse until coarse crumbs form. Return skillet to medium-high heat. Add remaining 1 teaspoon oil to pan; swirl to coat. Add breadcrumbs; cook 3 minutes or until toasted. Arrange tomatoes evenly over vegetable mixture. Top evenly with breadcrumbs. Bake at 375° for 40 minutes or until topping is browned. Sprinkle with remaining 1/4 cup basil.



Ready in 1 Hr 12 Mins; Serves 6

Sarang
Herbs & Food



Quinoa with Roasted Garlic, Tomatoes, and Spinach

"Quinoa contains more protein than any other grain. The tiny, beige-colored seeds have a nice crunch. It's cooked and eaten like rice and other grains. Be sure to give it a good rinse before cooking, or it may have a bitter taste." —Mary Ellen Smith, Doylestown, Pa.

Ingredients:

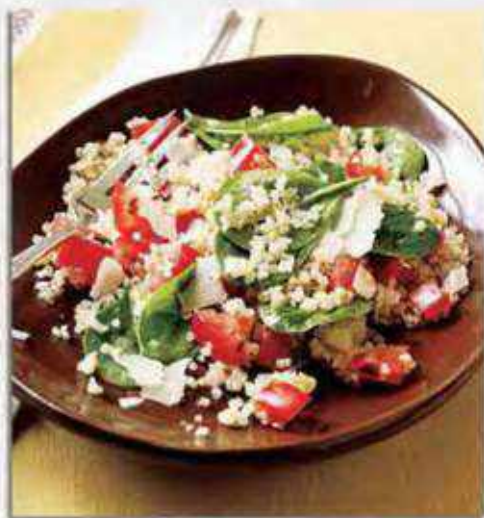
- 1 whole garlic head
- 1 tablespoon olive oil
- 1 tablespoon finely chopped shallots
- 1/4 teaspoon crushed red pepper
- 1/2 cup uncooked quinoa, rinsed and drained
- 1 tablespoon dry white wine

Ingredients:

- 1 cup fat-free, less-sodium chicken broth
- 1/2 cup baby spinach leaves
- 1/3 cup chopped seeded tomato (1 small)
- 1 tablespoon shaved fresh Parmesan cheese
- 1/4 teaspoon salt

Method

1. Preheat oven to 350°
2. Remove papery skin from garlic head. Cut garlic head in half crosswise, breaking apart to separate whole cloves. Wrap half of head in foil; reserve remaining garlic for another use. Bake at 350° for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.



3. Heat oil in a saucepan over medium heat. Add shallots and red pepper to pan; cook 1 minute. Add quinoa to pan; cook 2 minutes, stirring constantly. Add wine; cook until liquid is absorbed, stirring constantly. Add broth; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Remove from heat; stir in garlic pulp, spinach, tomato, cheese, and salt. Serve immediately.



4 servings (serving size: 1/2 cup)

Sarang
Herbs & Food



Quinoa and Roasted Pepper Chili

"A bowl of spicy Quinoa and Roasted Pepper Chili guarantees to take the chill off a cold winter's day. This vegetarian chili is loaded with fresh vegetables, pinto beans, and quinoa and gets its zing from poblano chiles".

Ingredients:

- 2 red bell peppers
- 2 poblano chiles
- 4 teaspoons olive oil
- 3 cups chopped zucchini
- 1 1/2 cups chopped onion
- 4 garlic cloves, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon Spanish smoked paprika

Ingredients:

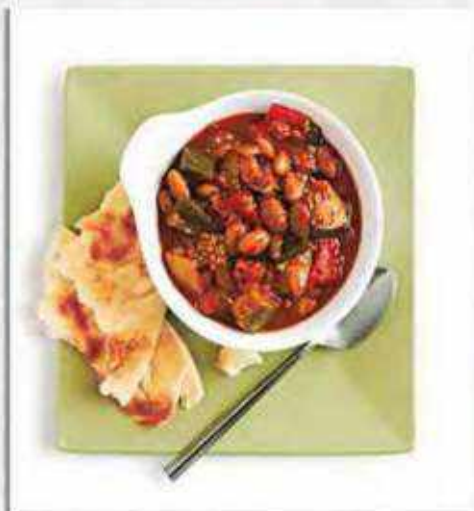
- 1/2 cup water
- 1/3 cup uncooked quinoa, rinsed
- 1/4 teaspoon kosher salt
- (14.5-ounce) can fire-roasted diced tomatoes with chipotles
- 1 (15-ounce) can no-salt-added pinto beans
- 1 cup low-sodium vegetable juice

Method

1. Preheat broiler.

2. Cut bell peppers and chiles in half lengthwise; discard seeds and membranes. Place halves, skin sides up, on a foil-lined baking sheet, and flatten with hand. Broil 10 minutes or until blackened. Place in a paper bag; fold to close tightly. Let stand 10 minutes. Peel and coarsely chop.

3. Heat a large Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add zucchini, onion, and garlic; sauté 4 minutes. Stir in chili powder, cumin, and paprika; sauté for 30 seconds. Add roasted peppers and chiles, 1/2 cup water, and remaining ingredients; bring to a boil. Reduce heat to medium-low; cover and simmer for 20 minutes or until quinoa is tender.



Ready in 45 Mins; Serves 4 (1/2 Cup)

Sarang
Herbs & Food



Quinoa Stuffed Tomatoes



Ingredients

1. 4 medium tomatoes, rinsed
2. 1 Tbsp olive oil
3. 2 Tbsp red onions, peeled and Chopped
4. 1 Cup Cooked mixed vegetables—such as peppers, Corn, Carrots, or peas
5. 1 Cup quinoa, rinsed
6. 1 Cup low-sodium Chicken broth
7. 1/2 ripe avocado, peeled and diced
8. 1/4 Tsp ground black pepper
9. 1 Tbsp Fresh parsley, rinsed, dried, and Chopped



Cooking Procedure

1. Preheat oven to 350 F
2. Cut off the tops of the tomatoes and hollow out the insides then set tomatoes aside
3. Heat oil in a saucepan over medium-high heat and add onions, and Cook until they begin to soften, about 1-2 minutes
4. Add Cooked vegetables, and heat through, about another 1-2 minutes
5. Add quinoa, and Cook gently until it smells good, about 2 minutes
6. Add Chicken broth, and bring to a boil then reduce the heat and Cover the pan and Cook until the quinoa has absorbed all of the liquid and is Fully Cooked, about 7-10 minutes
7. When the quinoa is Cooked, remove the lid and gently Fluff quinoa with a Fork then gently mix in the avocado, pepper, and parsley
8. Carefully stuff about 3/4 Cup of quinoa into each tomato,
9. Place tomatoes on a baking sheet, and bake For about 15-20 minutes, or until tomatoes are hot throughout
10. Serve Immediately



Sarang
Herbs & Food



Pea, Feta & Quinoa Spring Rolls with Roast Tomato nam prik

"Serve up these vegetarian filo pastry canapés with nam prik - a Thai chilli paste that we've mixed with oven-roasted tomatoes to make a dipping sauce"

Ingredients:

- 50g quinoa
- 200g frozen petits pois
- 85g feta cheese, crumbled
- Small bunch mint leaves, chopped
- 3 spring onions, finely chopped
- Zest and juice 1 lemon
- 6 sheets filo pastry (270g pack)
- 1 egg, beaten
- sunflower oil, for frying

Method

1. Heat oven to 160C/140C fan/gas 3. To make the nam prik, place the tomatoes, cut-side up, on a baking sheet. Drizzle with 1 tbsp of the olive oil, season, then roast for 1½-2 hrs until semi-dried. Remove from the oven, let cool, then tip into a food processor with the remaining ingredients and blitz to a medium purée.

2. Cook the quinoa in a pan of boiling salted water following pack instructions. Tip into a bowl and set aside to cool. Cook the peas for 1 min in boiling water, then drain and run under cold water for a few mins. Drain thoroughly, tip into a food processor and pulse to a chunky purée. Add this to the cooled quinoa along with the feta, mint, spring onions and lemon zest and juice. Mix well to combine and season to taste, adding more lemon juice if required.

3. Lay a sheet of filo in front of you, keeping the remainder covered under a damp tea towel. Cut the filo in half across the width to make 2 squares. With one corner pointing towards you (so you are looking at a diamond shape rather than a square), spoon 2 tbsp of the filling just below the centre

Ingredients: For the nam prik

- 6 large tomatoes, halved
- 4 tbsp extra-virgin olive oil
- 1 garlic clove, chopped
- ½ red chilli, chopped
- 2 tsp grated ginger
- ½ bunch coriander
- ¼ bunch mint leaves
- 1 tbsp lime juice and Palm Sugar
- 1 tbsp tamarind paste



line and shape into a log. Brush the pastry edges with egg, then fold in the 2 side corners. Keeping your fingers on the corners, bring the bottom corner up over the filling towards the centre, then roll up tightly towards the top corner. It's important to roll as tightly as possible, so the spring rolls cook evenly. Repeat with the remaining filo sheets and filling.

4. Heat about 3cm sunflower oil in a large pan or wok and fry the spring rolls, in batches, for 2-3 mins or until golden brown. Remove with a slotted spoon and drain on kitchen paper. Transfer the spring rolls to a plate and serve with the nam prik.



Ready in 2 Hrs 40 Mins; Ready 12 Pcs

Sarang
Herbs & Food



Courgette and Quinoa-Stuffed Peppers

"Take just 5 ingredients and create this healthy Mediterranean-style vegetarian bake for a low-calorie, low-fat supper"

Ingredients:

- 4 red peppers
- 1 courgette, quartered lengthways and thinly sliced



Method

1. Heat oven to 200C/180C fan/gas 6. Cut each pepper in half through the stem, and remove the seeds. Put the peppers, cut-side up, on a baking sheet, drizzle with 1 tbsp olive oil and season well. Roast for 15 mins.

2. Meanwhile, heat 1 tsp olive oil in a small frying pan, add the courgette and cook until soft. Remove from the heat, then stir through the quinoa, feta and parsley. Season with pepper.

Ingredients:

- 2 x 250g packs ready-to-eat quinoa
- 85g feta cheese, finely crumbled
- Handful parsley, roughly chopped



3. Divide the quinoa mixture between the pepper halves, then return to the oven for 5 mins to heat through. Serve with a green salad, if you like.



Ready in 30 Mins; Serves 4

Sarang
Herbs & Food



Spicy Vegetable and Quinoa Laksa

"This high fibre dish counts as 3 of your 5-a-day, and it's delicious too"

Ingredients:

- 1 onion, sliced
- 4 tbsp vegetarian korma or madras curry paste
- 1Ltr milk

Ingredients:

- 750g frozen mixed Vegetables
- 175g quinoa, rinsed

Method

1. Simmer the onion and the curry paste with a splash of water for 5 mins in a large saucepan, stirring from time to time. Heat the milk in a jug in the microwave.



2. Add the vegetables and quinoa, then stir in the milk. Bring to the boil, simmer gently for 10 mins until the quinoa is cooked. Check seasoning. Serve with warm naan bread.



Ready in 20 Mins; Serves 4

Sarang
Herbs & Food



Quinoa with stir-fried Winter Veg

"Quinoa is protein-rich, low-fat, gluten-free and makes a nutritious change from rice or pasta"

Ingredients:

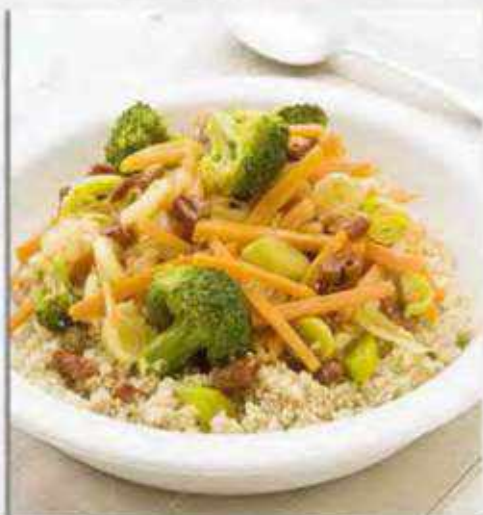
- 200g Quinoa
- 5 tbsp olive oil
- 2 garlic cloves, finely chopped
- 3 carrots, cut into thin sticks
- 300g leeks, sliced

Ingredients:

- 100g sundried tomatoes, drained and chopped
- 200ml vegetable stock
- 2 tsp tomato purée
- Juice 1 lemon
- 300g broccoli, cut into small florets

Method

1. Cook the quinoa according to pack instructions. Meanwhile, heat 3 tbsp of the oil in a wok or large pan, then add the garlic and quickly fry for 1 min. Throw in the carrots, leeks and broccoli, then stir-fry for 2 mins until everything is glistening.



2. Add the sundried tomatoes, mix together the stock and tomato purée, then add to the pan. Cover, then cook for 3 mins. Drain the quinoa, then toss in the remaining oil and the lemon juice. Divide between warm plates and spoon



Ready in 30 Mins; Serves 4

Sarang
Herbs & Food



Quinoa and Dal Khichidi



METHOD

- 1 Combine the quinoa, toor dal and masoor dal, finely chopped ginger and salt in a vessel. Add 4 cups of water and pressure cook them till you hear 3 whistles.
- 2 Heat enough oil with ghee or simply oil and crack the cumin seeds, dry red chilies, bay leaves, curry leaves and saute the chopped onions and crushed garlic cloves until the onions turn translucent.
- 3 Once the pressure get released take the cooked quinoa-dal mixture and add this mixture to the cooking vegetables. Stir for few minutes and switch off the stove.
- 4 Serve hot.
- 5 Recipe courtesy: Priya Easy N Tasty Recipe

INGREDIENTS

- 1 cup - Quinoa
- 1/4 cup - Toor Dal
- 1/4 cup - Masoor dal
- 1/4 tsp - Turmeric powder
- 1 - Onion (chopped)
- 2 - Curry leaves
- 1/2 tsp - Cumin seeds
- 2 - Bay Leaves
- 2 - Dry Red Chillies
- 3 - Garlic Cloves (crushed)
- 1 tsp - Ginger (chopped finely)
- Salt - to taste
- Oil/ghee - as needed



Colorful Quinoa Khichidi



Colorful Quinoa Kichdi

Prep Time

10 mins

Cook Time

15 mins

Total Time

25 mins

If food is meant to be alluring, tempting and seductive, then this dish nailed those desires. As simple as it was to prepare, I am classifying this as an anytime treat - This was one of the first dishes I made with my home grown veggies, and I realize I have over 20 recipes that I need to catch up on, what with the pickling, saucing and chutney-ing of all the tomatoes growing in the garden. This dish has exactly what you see in it - veggies, quinoa, and chives blossoms for decoration. A healthy one pot meal and a wonderful alternative to rice - so if you have some veggies around and quinoa in your pantry, whatchya waiting for.



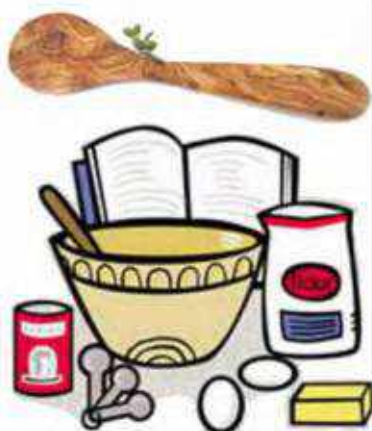
Author: Priya Mahadevan
Recipe Type: Entree, Breakfast
Serves: 4-6

Ingredients

- For this you need
- 1.5 cups of yellow Quinoa
- veggies of your choice - I used
- tomatoes,
- broccoli,
- bell peppers (orange and yellow),
- green peas,
- cilantro
- chives blossoms and fresh sage leaves for garnish -
- green chillies for heating things up.
- 1table spoon of olive oil for sauteeing.

Instructions

1. Steam cook the quinoa; sautee the veggies; mix them together in a pan with the h... allow them to blend for 2-3 minutes and then serve hot.



Quinoa Chili Fries

Quinoa Chili Fries

Baked potato wedges and a vegetarian quinoa chili combine for a hearty fall meal that can be enjoyed without feeling greasy after.

Author: Gin Butters
Recipe Type: Appetizer, Main
Cuisine: American
Serves: 7 cups of chili



Ingredients

- 1 cup dried quinoa, cooked according to package
- 3 Tbs olive oil (or your favorite cooking oil)
- 2 tsp chili powder
- 1½ tsp cumin
- 1 tsp smoked paprika
- pinch red pepper flakes
- a few twists fresh black pepper
- 4-5 cloves garlic, chopped
- 1 bunch (8 or so) green onions, chopped (save tops for garnish)
- 1 poblano pepper, seeded and chopped
- 1 red or orange bell pepper, seeded and chopped
- 1 15 oz. can or 1½ c cooked red or kidney beans, rinsed and drained
- 1 15 oz. can or 1½ c cooked black beans, rinsed and drained
- 1 Tbs low sodium soy sauce or tamarl
- 2 15 oz. cans diced no salt added tomatoes
- 1 6 oz. can no salt added tomato paste
- 1 Tbs maple syrup (or your favorite sweetener)
- 2 Tbs red cooking wine
- ½ tsp salt
- 1 c water
- potatoes, amount depends on number of servings



Instructions

1. Cook the quinoa and set aside. Prep the veggies while the quinoa cooks.
2. In a large, lidded pot combine the oil, chili powder, cumin, paprika, red pepper flakes and black pepper. Raise the heat to low and let the spices bloom for 2-3 minutes.
3. Add the garlic and onions. Raise the heat to medium low and sauté 5 minutes. Add the peppers, raise the heat to medium and sauté 5 minutes.
4. Stir in the cooked quinoa and saute 3-4 minutes. Stir in the rest of the ingredients, cover loosely, turn the heat to low and let the chili simmer while you make the fries.

Fries

1. Find the link to the recipe above.

Quinoa Stew

with

Roasted Aubergine, Tomato and Red Pepper

Quinoa Stew with Roasted Aubergine, Tomato and Red Pepper

Prep Time

10 mins

Cook Time

30 mins

Total Time

40 mins

It's quinoa time, therefore you should try this quinoa stew recipe with roasted aubergine.

Author: Jehanne Ali

Recipe Type: Main

Serves: 4

Ingredients

- 2 cups quinoa
- 4 cups water
- 1 large aubergine- washed and cubed
- 1 large red pepper- diced
- 1 small carrot- diced
- 2 tomatoes- quartered
- 2 shallots- sliced
- 1 red onion- quartered
- 3 tbsp extra- virgin olive oil
- 1 tsp Kosher salt
- 3 cloves garlic
- 1 tbsp cumin seeds
- 1 tbsp paprika
- few sprigs parsley leaves- chopped
- 200 ml passata
- 1 tbsp tomato puree
- 1 tbsp Italian seasoning
- Juice from 1 lemon
- salt and pepper to season



Instructions

1. In a rice cooker, cook the quinoa with water.
2. Place the aubergine, red pepper, carrot, tomatoes, red onion and garlic on a large roasting tray.
3. Drizzle 2 tbsp olive oil and sprinkle the kosher salt on the vegetables.
4. Roast for 20 minutes at 190C.
5. Once the vegetables are roasted, heat the remaining olive oil in a casserole or heavy bottomed pan.
6. Fry the shallots until fragrant.
7. Mince the roasted garlic and add into the pan together with cumin seeds, paprika and tomato puree.
8. Throw in the roasted vegetables, passata, Italian seasoning, lemon juice and parsley.
9. Season with salt and pepper and simmer on low heat for around 10 minutes
10. Once the gravy is thickened, add in the cooked quinoa and mix well.
11. Serve warm, with salads by the side.

Sarang
Herbs & Food



Tomato & Chickpea Quinoa

Tomato & Chickpea Quinoa Recipe

Time: 30 minutes

Yield: 3-4 servings

Ingredients:

- 1 cup uncooked Quinoa
- 1 cup cooked chickpeas (See note)
- 1.5 tablespoons vegetable or canola oil
- 1 pinch of asafoetida (optional)
- 1 teaspoon white urad dal (skinned and split white lentils)
- 1 teaspoon mustard seeds
- 10-12 curry leaves
- 1-2 small green chillies, seeded and chopped
- ¾ cup red onion, peeled and diced
- 1 tablespoon garlic paste
- 4-5 Roma tomatoes, diced
- Salt to taste
- ½ teaspoon red-chili powder
- ¼ teaspoon turmeric powder
- 1 tablespoon cilantro, chopped for garnish



Notes:

- You can use canned garbanzo beans as well, just make sure you rinse and drain them very well before using them.

Method:

1. Cook and set aside the quinoa as per the package instructions. You can do all your chopping and start the other preparation while the quinoa is cooking.
2. In a large non-stick cooking pot heat the oil on medium heat. To this add the asafoetida if using it. After 30 seconds add the white urad dal and toast for 30 seconds – 1 minute. The dal should turn golden brown, but ensure that it does not burn.
3. To this add the mustard seeds. Once they start sputtering add curry leaves, followed by green chillies. Let the curry leaves and green chillies cook for a minute.
4. Add the onion and sauté stirring occasionally till the onions are golden. Add the tomatoes along with a little salt and cook till the tomatoes are tender and the oil separates. Add the red chili and turmeric powder and cook for a minute.
5. Add the chickpeas and cook stirring for 1-2 minutes.
6. Add 2 tablespoons of water to the mixture and stir well. To this add the quinoa and cook till the quinoa is warm. Stir carefully to ensure the quinoa and chickpeas are well coated with all the spices and other ingredients without getting mushy. Add salt to taste and remove from the heat.
7. Garnish with cilantro and serve warm. This can be accompanied with mint or garlic chutney or an Indian pickle.

Sarang
Herbs & Food



Ginger - Garlic Fried Quinoa

Ginger-Garlic Fried Quinoa

Adapted from Mark Tittman's Ginger Fried Rice

Time: 30 minutes

Yields: 3 servings

Ingredients:

- 1 cup quinoa (See note)
- 2 cups of vegetable or chicken broth
- 2 tablespoons vegetable, canola or peanut oil, divided
- 2 tablespoons minced ginger
- 2 tablespoons minced garlic
- 1 cup thinly sliced leeks, white and green parts, rinsed and dried
- 1 tablespoon soy sauce
- ½ tablespoon sesame oil
- 3 large eggs (optional)
- Salt and pepper to taste

Notes:

- You can use leftover rice - brown or white rice work great in place of the quinoa. Just make sure the rice is a day old, otherwise you will have mushy fried rice.



Method:

- 1) Place the quinoa and broth in a saucepan and bring to a boil. When it has reached a rolling boil, reduce to a simmer and cover and cook till all the water is absorbed (10-15 minutes). Quinoa appears soft and translucent when it is cooked and a ring is visible on the outer edges of the grain. Use a fork to fluff the cooked quinoa and set it aside.
- 2) In a large skillet, heat 2 tablespoons of the oil over medium heat. Add the ginger and garlic and cook till it is crisp and brown. Keep stirring this so that it does not burn. Use a slotted spoon and transfer the fried garlic and ginger to a paper towel to absorb the excess oil.
- 3) In the same skillet add the remaining oil and add the leeks. Cook the leeks until they are tender but not brown. Make sure you stir the leeks occasionally to ensure that they do not burn. Season them lightly with salt once they are cooked.
- 4) Now add the quinoa to this skillet and stir it with the leeks. Season this with 1 tablespoon of soy sauce and ½ tablespoon of sesame oil. Taste the quinoa and adjust the soy sauce and sesame oil as needed.
- 5) If using the eggs in a small skillet fry them to sunny-side up, till the edges are set but yolk is still runny. Season the eggs with some pepper and drizzle with a little soy sauce and sesame sauce.
- 6) Divide rice among 3 plates. Top each with the fried garlic and ginger, followed by an egg (if you are using eggs).



Quick Tomato Chicken Quinoa



Short Description

Very delicious and just the perfect tasting Quinoa with tender chicken.

Ingredients

- 1 1 Cup quinoa, rinsed
- 2 2 1/2 Cups Chicken or vegetable broth, divided
- 3 2 tsp olive oil
- 4 2 shallots, diced fine
- 5 silken tofu blended until smooth
- 6 1/2 tsp Chicken or vegetable better than bouillon
- 7 1/2 Cup dry white wine
- 8 1/2 tsp tarragon, optional
- 9 1/2 Cup sliced sun-dried tomatoes drained
- 10 2 Cups diced Cooked Chicken meatless Frozen
- 11 and fresh basil rolled

Cooking Procedure

- 1 Bring the quinoa and 2 Cups of the broth to a rolling boil in a medium saucepan over high heat.
- 2 Reduce the heat, cover, and simmer for 12 minutes or until the tails have popped and the quinoa is tender.
- 3 While the quinoa is cooking, heat the oil in a large skillet over medium heat.
- 4 Sauté the shallots for 2 minutes and add the tofu, remaining 1/2 Cup broth, bouillon, wine, and tarragon and whisk gently until well combined.
- 5 Stir in the tomatoes and chicken and bring to a simmer for about 2 minutes or until the chicken is heated through.
- 6 Stir the basil into the cream sauce then serve the Creamed Chicken over a bed of the hot quinoa.



Quinoa with Leeks and Shiitake Mushrooms

"Quinoa has become popular as a "superfood" high in protein and iron. It takes only 15 minutes to cook and has a nutty flavor and aroma. This is tasty with sautéed soy "sausage" links".

Ingredients:

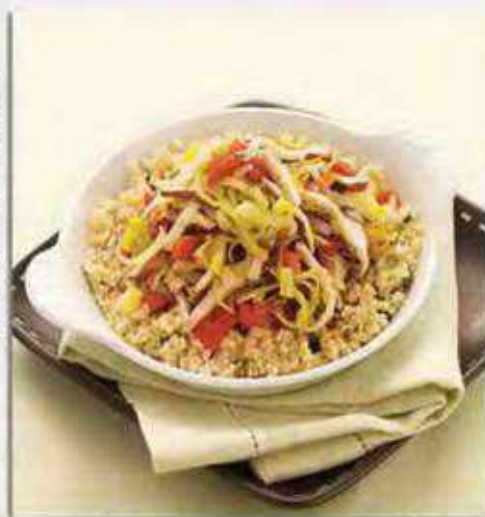
- 2 cups fat-free, less-sodium vegetable broth
- 1 cup water
- 1/2 teaspoon salt, divided
- 1 1/2 cups uncooked quinoa, rinsed
- 3 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon olive oil, divided
- 1/4 cup dry white wine

Ingredients:

- 1/4 teaspoon freshly ground black pepper, divided
- 3 cups thinly sliced leek (about 2 large)
- 4 cups thinly sliced shiitake mushroom caps
- 1 1/2 cups chopped red bell pepper
- 1/2 cup coarsely chopped walnuts

Method

1. Combine broth, water, and 1/4 teaspoon salt in a large saucepan; bring to a boil. Stir in quinoa. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Stir in 3 tablespoons parsley, 1 1/2 teaspoons oil, and 1/8 teaspoon black pepper. Remove from heat; keep warm.



2. Heat remaining 1 1/2 teaspoons oil in a medium nonstick skillet over medium-high heat. Add leek; sauté 6 minutes or until wilted. Add mushroom caps, bell pepper, and wine; cook 2 minutes or until vegetables are tender. Stir in remaining 1/4 teaspoon salt and 1/8 teaspoon black pepper. Place 1 cup quinoa in each of 4 shallow bowls; top each with 1 1/4 cups vegetable mixture and 2 tablespoons walnuts.



Ready in 15 Mins; Serves 4

Sarang
Herbs & Food



Quinoa Tabbouleh

"A superhealthy and substantial salad, quinoa makes a nutritious alternative to pasta and rice"

Ingredients:

- 200g Quinoa
- juice 1-2 lemons
- 4 tbsp olive oil
- small bunch mint, chopped

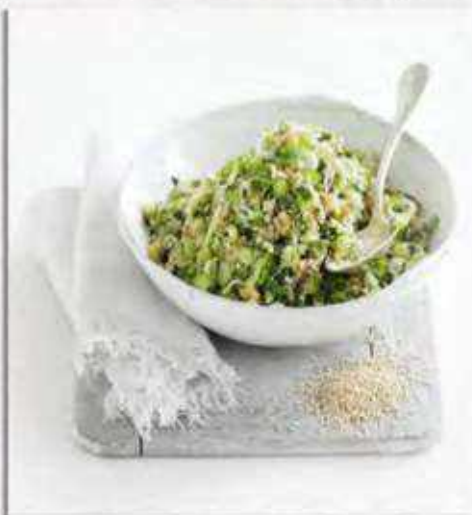
Ingredients:

- Small bunch flat-leaf parsley, chopped
- Bunch spring onions, sliced
- ½ cucumber, deseeded and diced
- Handful walnuts, chopped

Method

1. Rinse the quinoa well and place in a pan with about double the volume of water. Bring to the boil, cover, reduce the heat and gently simmer for 10 mins or until the grain unwraps itself. Turn off the heat and leave to cool slightly, then drain any remaining water.

2. Season the quinoa, stir in the lemon juice and oil and leave to cool fully. Stir in the other ingredients, then serve.



Ready in 20 Mins; Serves 4

Sarang
Herbs & Food



Quick-Cured Sake Salmon with Quinoa

"This Indian-inspired dish features quinoa, a high-protein grain that cooks relatively quickly. We like the heat that Madras curry powder brings, but use regular curry powder if you prefer".

Ingredients:

- 1 (1-pound) salmon fillet
- 1 teaspoon kosher salt
- 2 teaspoons sugar, divided
- 1 1/2 cups sake, divided
- 1/2 teaspoon chili paste
- 2 garlic cloves, minced
- 1 cup quinoa
- 1 teaspoon butter
- 1 1/2 teaspoons olive oil, divided

Ingredients:

- 1/2 cup finely chopped red bell pepper
- 1/2 cup finely chopped carrot
- 1/4 cup finely chopped onion
- 1 cup water
- 1/2 cup orange juice
- 1/4 teaspoon salt
- 1 tablespoon chopped fresh parsley

Method

1. Place salmon, skin side down, on a plate. Combine 1 teaspoon kosher salt and 1 teaspoon sugar; rub salt mixture evenly over skinned sides of salmon. Cover with plastic wrap; chill 2 hours.

2. Remove plastic wrap from salmon. Rinse salmon under cold water; pat dry with paper towel. Combine 1 cup sake, remaining 1 teaspoon sugar, chili paste, and garlic in a zip-top plastic bag. Add salmon; seal and marinate in refrigerator 1 hour, turning occasionally.

3. Place quinoa in a fine sieve; place sieve in a large bowl. Cover quinoa with water. Using your hands, rub grains together for 30 seconds; rinse and drain. Repeat



procedure twice. Drain well.

4. Heat butter and 1 teaspoon olive oil in a medium saucepan over medium-high heat until butter melts. Add pepper, carrot, and onion to pan; sauté 2 minutes or until onion is tender. Add quinoa; cook 1 minute, stirring constantly.

Quick-Cured Sake Salmon with Quinoa

"This Indian-inspired dish features quinoa, a high-protein grain that cooks relatively quickly. We like the heat that Madras curry powder brings, but use regular curry powder if you prefer".

Method - Continues

1 cup water, remaining 1/2 cup sake, juice, and 1/4 teaspoon salt; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed and quinoa is tender. Remove from heat; fluff with a fork. Stir in

5. Preheat oven to 450°.

6. Remove salmon from bag, reserving marinade. Place marinade in a small saucepan over medium-high heat, and cook until reduced to 2 tablespoons (about 7 minutes).



7. Brush skinned sides of salmon with remaining 1/2 teaspoon oil. Heat an oven-proof skillet over medium-high heat. Add salmon to pan, skin side up; cook 3 minutes or until golden brown. Turn salmon over, and baste with reduced marinade. Place pan in oven, and bake at 450° for 5 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve immediately with quinoa.

Serves 4; 3 ounces salmon and 3/4 cup quinoa



Sarang
Herbs & Food



Quinoa and Egg Breakfast Wrap

Quinoa and Egg Breakfast Wrap

Prep Time	Cook Time	Total Time
10 mins	10 mins	20 mins

Egg wrap, egg crepe, egg tortilla, egg roll. Whatever it's called, it's pretty brilliant. Make a thin omelette to use as a wrap, fill with your favorites and you have a quick meal, to-go. Protein packed Quinoa Egg Wrap Breakfast Burrito from leftovers to start your day. Protein packed Quinoa Egg Wrap Breakfast Burrito from leftovers to start your day.

Author: Shannon Lim
Recipe Type: Breakfast
Serves: 2



Ingredients

- 1 cup cooked Quinoa
- Mango Salsa
- Refried Black Beans (recipe below)
- half Capsicum - thinly sliced
- 1 cup Guacamole / sliced Avocado
- 4 medium Eggs
- Sea salt and Black Pepper

Refried Beans

- 200g (8 oz) Dry Black Beans
- 1 teaspoon Chipotle Powder
- 1 teaspoon Chili Powder
- ½ teaspoon Ground Cumin
- ½ large White Onion - chopped
- 1 Garlic Clove - minced
- 1 Green Onion
- 1 tablespoon chopped Cilantro



Instructions

1. Whisk 2 eggs in a bowl. Pour it through a sieve into another bowl and add a pinch of salt and pepper.
2. Heat up a 15cm (6inch) non-stick pan on medium heat. Pour the eggs onto the pan and quickly swirl it around to get the whole pan coated with egg. When the top part is cooked, gently loosen the omelette with flexible spatula and slide the omelette onto a plate.
3. Whisk & sieve the other 2 eggs and cook as per step 2.
4. To assemble, place some quinoa, salsa, refried black beans, guacamole and capsicum in the middle of the omelette. Wrap it up like a spring roll. Egg wraps can be served warm or cold.

Refried Beans

1. Place dry beans and 1 teaspoon salt in the pressure cooker and add enough water to cover the beans by two inches. Cook the beans according to the instruction time on your cooker. Mine is 15 minutes to get it mushy soft.
2. Heat 2 tablespoons of olive oil in a large frying pan on medium high heat. Add the chipotle powder, chili powder and cumin. Once the spices are sizzling, add the chopped white onion and cook until translucent, add the garlic and cook 2 minute more.
3. Add the cooked black beans (and liquid from the pot) to the frying pan. Use a fork (or potato masher) to mash the beans in the pan. Let them cook 3 to 4 minutes longer. If the beans are a little soupy for your taste, just let them cook longer. Adjust seasonings to taste.
4. Garnish with chopped green onions and fresh cilantro. Great in tacos or burritos, or for a dip with corn tortilla chips.

Notes

For the refried beans: I cooked the soaked dry beans in pressure cooker first. If you are using cans of cooked black beans, skip the first two steps, rinse and drain the beans and add to the pan with a little water in step 2.



Quinoa Veggie Burgers

Ingredients

- 1 portobello mushroom, unc. stemmed, cut into inch piec.
- 2 1 small zucchini
- 3 1/4 Cup olive ois more for brushing
- 4 1 large shallot, minced
- 5 1/4 Tsp crushed red pepper flakes
- 6 1 ounce finely grated parmigiano-reggiano (1/4 cup)
- 7 2 cups cooked quinoa
- 8 and coarse and freshly ground pepper
- 9 1 large egg, lightly beaten
- 10 1 1/2 cups fresh whole-wheat bread crumbs
- 11 Yogurt-garlic sauce
- 12 wholewheat bun split toasted
- 13 1 Cup sprouts
- 14 1/2 english cucumber, sliced 1/4 inch thick



Cooking Procedure

- 1 Pulse mushrooms in a food processor until finely chopped; transfer to a bowl
- 2 Coarsely grate zucchini, place on paper towels, and squeeze to remove excess moisture
- 3 Add to mushrooms
- 4 Heat 2 Tbsp olive oil in a large pan over medium
- 5 Add shallot and red pepper flakes, and cook until softened, about 2 minutes
- 6 Add mushrooms and zucchini, and cook until tender, about 2 minutes
- 7 Transfer to a bowl and add cheese and quinoa; season with salt and pepper
- 8 Let cool completely, then stir in egg and bread crumbs
- 9 Cover and refrigerate until firm, about 1 hour
- 10 Heat remaining 2 Tbsp oil in a large nonstick skillet over medium
- 11 Shape mixture into six 1-inch-thick patties, pressing firmly
- 12 Cook in batches until golden brown, about 3 minutes per side
- 13 To serve, spread yogurt sauce onto buns and sandwich with patties, sprouts, and cucumber



Paprika Roasted Sweet Potatoes with Quinoa

Rosemary, Garlic, and Paprika Roasted Sweet Potatoes with Quinoa, Spicy Pepitas, and Horseradish Yogurt Sauce

Prep Time	Cook Time	Total Time
45 mins	45 mins	1 Hour 30 mins

This is an unconventionally delicious and healthy approach to traditional potato skins.

Author: Tania Goulet
Recipe Type: Main, Side
Serves: 4-6



Ingredients

Rosemary, Garlic, and Paprika Roasted Sweet Potatoes:

- 2 large or 3 medium sweet potatoes, cut into 1/2 inch cubes
- 2 tbsp extra virgin olive oil
- 4 cloves of garlic, minced into a paste
- 3 tbsp fresh rosemary, chopped
- 2 tsp smoked sweet paprika
- salt/pepper

Cooked Quinoa with Scallions:

- Red quinoa 1 cup (will yield about 3 cups cooked)
- 1 1/2 cup water
- 2 tbsp extra virgin olive oil
- salt/pepper
- 4 tbsp scallions, divided (1 tbsp separated for garnish)

Spicy Pepitas:

- 1/2 c pepitas (aka raw Pumpkin seeds)
- 1 tbsp extra virgin olive oil to coat
- 1/2 tsp Cheyenne pepper (1/4 tsp if you want super spicy pepitas)
- salt/pepper

Yogurt Sauce:

- 1/2 cup 2% greek yogurt (I used Fage)
- 2 tsp horseradish prepared
- 1/2 tbsp fresh lime juice



Instructions

1. Preheat the oven to 450 degrees. In a bowl toss the cubed sweet potato with the olive oil, garlic, rosemary, smoked sweet paprika, salt and pepper. Place the seasoned cubes onto 2 baking sheets. Make sure there is space between the sweet potatoes or they will steam and not roast. Make sure to toss a few times while they are roasting for even roasting. Remove them after 25 to 30 min once they are slightly browned and crisped on the edges. Set them aside to cool.
2. While the potatoes are roasting, prepare and cook the quinoa. Rinse the quinoa, swirling it to ensure removal of any dirt or residue outside the grain. Once rinsed, bring the quinoa to a boil in 1 1/2 cup of water with 1 tbsp EVOO, then turn down to a medium simmer and cover for 15-20 min (until the curly tails emerge). Take the cooked quinoa off of the heat and leave the lid on to steam for about 10 minutes. Pour the 1 tbsp EVOO on the cooked and steamed quinoa fold it once or twice to coat with oil and lightly season with salt and pepper. Add 3 tbsp of the scallions into the bowl, toss once again gently, and set aside in a large bowl to let cool.
3. While the potatoes and quinoa cool make the spicy pepitas (DO NOT skip this part! This is the key to give this dish an unearthly "bacon-y" flavor that will make it all worthwhile.) Preheat the oven to 300 degrees. In a small bowl, toss the pepitas with the olive oil, cheyenne, salt and pepper. Lay the pepitas on a roasting sheet and spread them so they are not crowded - open each other, leaving space between them so they do not steam. Roast for about 10 - 15 min until golden brown, watching carefully as they can easily burn and tossing them every 4-5 minutes.
4. While all your pepitas are in the oven and the rest of your ingredients are cooling, make the yogurt sauce. In a small glass bowl - whip up the yogurt until it gets slightly fluffy - add the horseradish and lime juice until mixed.
5. In the large bowl of quinoa, add the roasted sweet potatoes, roasted pumpkin seeds and the scallions and toss lightly until the ingredients are just incorporated. Distribute into 4 or 5 bowls and add a large dollop of the yogurt-horseradish sauce. Garnish with a few scallions if desired.

Sarang
Herbs & Food



Quinoa-Stuffed Squash

"You can cook the squash, prepare the filling, and refrigerate up to two days ahead. Then assemble and bake just before serving".

Ingredients:

- 4 (1-pound) golden nugget
- Cooking spray
- 2 (4-ounce) links hot turkey Italian sausage, casings removed
- 1/2 cup finely chopped carrot
- 1/2 cup finely chopped onion
- 2 garlic cloves, minced
- 1/2 cup water
- 2 tablespoons chopped fresh parsley

Ingredients:

- 2 cups cooked quinoa
- 1/2 teaspoon chopped fresh thyme
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 3/4 cup (3 ounces) shredded 2% reduced-fat Monterey Jack cheese, divided

Method

1. Cut the top quarter off each squash; reserve tops. Discard seeds. Arrange squashes, cut sides down, in 2 (11 x 7-inch) baking dishes. Fill each dish with 1-inch of water; microwave 1 dish at HIGH 15 minutes. Remove dish; repeat with remaining dish. Cool.

2. Preheat oven to 350°.

3. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add sausage; sauté 5 minutes or until browned, stirring to crumble. Remove sausage with a slotted spoon. Add carrot, onion, and garlic to drippings in pan; sauté 2 minutes, stirring frequently. Stir in 1/2 cup water; bring to a boil. Reduce heat to medium; cover and cook 8 minutes or until carrot is tender.

4. Combine sausage, carrot mixture, quinoa, parsley, thyme, salt, and pepper; stir in 1/2 cup cheese. Stuff about 1 cup quinoa mixture in each squash, and top each serving with 1 tablespoon cheese. Arrange stuffed squashes in a broiler-safe baking dish



and place tops in dish. Bake at 350° for 20 minutes or until thoroughly heated. Remove from oven.

5. Preheat broiler to high.

6. Broil squashes 4 minutes or until cheese



Ready in 1 Hr 47 Mins; Serves 6

Sarang
Herbs & Food



Stuffed Butternut Squash with Quinoa

"A filling vegetarian supper of roasted squash with a healthy pepper, pine nut and olive-flecked quinoa stuffing"

Ingredients:

- 1 medium butternut Squash
- olive oil, for Roasting
- Pinch dried oregano
- 150g ready-to-eat quinoa (we used Merchant Gourmet Red and White Quinoa)
- 100g feta cheese
- 50g toasted pine nuts

Ingredients:

- 1 small carrot, grated (around 50g)
- Small bunch chives, snipped
- Juice half lemon
- 1 red pepper, chopped
- 50g pitted black olives
- 2 spring onions, chopped

Method

1. Heat the oven to 200C/fan 180C/gas 6. Halve the butternut squash, scoop out the seeds and score the flesh with a sharp knife.

2. Arrange the two halves on a baking tray, drizzle with a little olive oil, season with freshly ground black pepper and sea salt, sprinkle with dried oregano and cook for 40 minutes. Take out the oven, add the chopped peppers to the tray alongside the squash and cook for a further 10



3. Meanwhile mix the rest of the ingredients. Take the tray out of the oven and carefully transfer the peppers to the stuffing mix. Stir together and spoon the filling onto the butternut squash. Return to the oven for 10 mins. Serve



Ready in 1hr 10 Mins; Serves 2 with filling

Sarang
Herbs & Food



Quinoa with Dried Cherries and Pistachios

"You can serve this herby, fruity side at room temperature or chilled".

Ingredients:

- 1 3/4 cups uncooked Quinoa
- 2 tablespoons plus 2 teaspoons extra-virgin olive oil, divided
- 3 tablespoons finely chopped shallots
- 2 cups water
- 1/3 cup dry white wine
- 1/2 teaspoon salt
- 3 tablespoons fresh lemon juice

Ingredients:

- 1/4 teaspoon freshly ground pepper
- 1/2 cup dried sweet cherries, chopped
- 1/2 cup dry-roasted pistachios, chopped
- 1/4 cup chopped fresh mint
- 1/4 cup chopped fresh parsley

Method

1. Rinse and drain quinoa. Heat 2 teaspoons oil in a large saucepan over medium-high heat. Add shallots to pan; sauté 2 minutes or until tender. Add 2 cups water, wine, and salt to pan; bring to a boil. Add quinoa; cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and quinoa is tender. Remove from heat; set aside, and cool slightly.



2. Combine remaining 2 tablespoons olive oil, lemon juice, and pepper in a large bowl; stir with a whisk. Add quinoa, cherries, and remaining ingredients; toss gently to combine.

Ready in 25 Mins; Serves 8 (3/4 Cup)

Sarang
Herbs & Food



Fruit & nut butternut squash Quinoa

"A crowd-pleasing veggie dish that's packed with flavour and a range of textures from pumpkin, apricots and pistachios"

Ingredients:

- 1 butternut squash, peeled and cut into small dice.
- 2 onions, cut into thin wedges
- 2 tbsp olive oil, plus a little extra for drizzling
- 200g Quinoa
- 4 tbsp natural yogurt

Ingredients:

- 1 tbsp tahini paste
- Juice 1 lemon
- 85g toasted flaked almonds
- 85g shelled pistachios
- 10 dried apricots, sliced
- Handful mint leaves, roughly chopped

Method

1. Heat oven to 220C/200C fan/gas 7. Toss the squash and onions with 2 tbsp oil in a large shallow roasting tin. Season and roast for about 30 mins, shaking the tin once or twice, until the veg is tender.

2. Cook the quinoa following pack instructions. When cooked, run under cold water and thoroughly drain.

3. Stir together the yogurt, tahini, most of the lemon juice and some seasoning to make a sauce. Mix the quinoa with the nuts, dried apricots, mint and some seasoning in a large bowl, then add the remaining lemon juice, drizzle with a little oil and stir well. Scatter over the squash-onion mix and serve with the yogurt sauce.



Ready in 40 Mins; Serves 4

Sarang
Herbs & Food



Spiced Quinoa with Almonds & Feta

"Use quinoa instead of couscous to make a delicious gluten-free salad"

Ingredients:

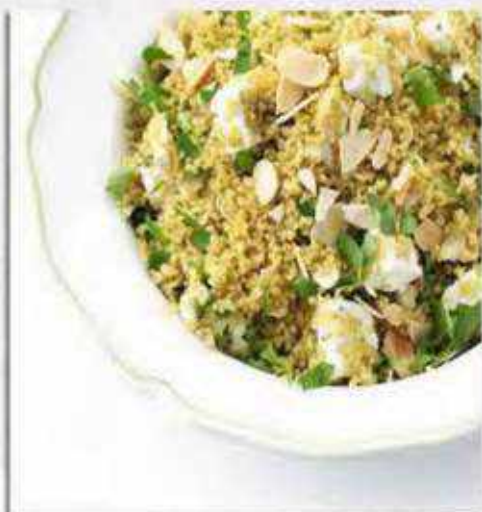
- 1 tbsp olive Oil
- 1 tsp ground coriander
- ½ tsp turmeric
- 300g quinoa, rinsed
- 50g toasted flaked almonds

Ingredients:

- 100g feta cheese, crumbled
- handful parsley, roughly chopped
- Juice ½ lemon

Method

Heat the oil in a large pan. Add the spices, then fry for a min or so until fragrant. Add the quinoa, then fry for a further min until you can hear gentle popping sounds. Stir in 600ml boiling water, then gently simmer for 10-15 mins until the water has evaporated and the quinoa grains have a white 'halo' around them. Allow to cool slightly, then stir through the other ingredients. Serve warm or cold.



Ready in 25 Mins; Serves 4

Sarang
Herbs & Food



Chargrilled Turkey with Quinoa tabbouleh & tahini dressing

"This superhealthy supper is packed full of vibrant and fresh ingredients "

Ingredients:

- 200g Quinoa
- ½ cucumber, cut into 1cm chunks
- 175g cherry tomatoes, halved
- 3 spring onions, finely sliced
- handful parsley, roughly chopped
- handful coriander, roughly chopped
- 1 tbsp olive oil, plus 1 tsp

Method

1. Tip the quinoa into a saucepan and pour over 600ml water. Cover with a lid and bring to the boil. Turn down and simmer until the water has evaporated (just as you'd cook rice) – about 20 mins. Take off the lid and leave to cool while you prepare the turkey and salad.

2. Tip the cucumber, tomatoes, spring onions and herbs into a large mixing bowl. Pour over 1 tbsp olive oil and lemon juice, season well and mix everything together.

3. Heat a griddle pan and, when smoking hot, rub the turkey steaks with 1 tsp olive oil. Cook for about 5 mins on each side, depending on thickness. Stir together all the dressing ingredients along with 3 tbsp water. Toss the quinoa together with the salad and arrange on plates. Cut the turkey into thick slices, pile up on the quinoa and drizzle over the dressing.

Ingredients:

- juice 1 Lemon
 - 4 turkey steaks
- For the tahini dressing:**
- 1½ tbsp tahini paste
 - 1½ tbsp low-fat yogurt
 - Juice ½ lemon
 - ½ garlic clove, crushed
 - ½ tsp clear honey



Ready in 35 Mins; Serves 4

Sarang
Herbs & Food



Quinoa Crunch



Ingredients

- 1 Cup quinoa, rinsed and drained
- 1 tbsp agave syrup
- 1 tbsp neutral-tasting oil, such as Canola or safflower
- 4 Cups plain greek-style yogurt
- and mixed fresh fruit such as berry

Cooking Procedure

- Preheat oven to 375 F
- Mix quinoa with syrup and oil; spread in an even layer on a rimmed baking sheet and bake until crisp, stirring occasionally, 10 to 12 minutes
- Transfer to a plate, and let cool before serving
- Store quinoa Crunch in an airtight container at room temperature for up to 4 weeks
- To serve, divide yogurt among four bowls, and top each with fruit and 2 tbsp quinoa crunch



Quinoa Idli

Quinoa Idli



Chef: Loharani Sarfraz
Cook: 0 Hrs & 20 Mins
Prep: 0 Hrs & 0 Mins
Pakistani Recipe
Appetizer
1 Serving
Viewed: 1388
© [www.sarang.com](#)



Short Description

Tasty, light, soft and healthy Quinoa Idli, which is a healthy substitute for bread

Ingredients

- 1 Urad daal - 3/4 Cup
- 2 Chana daal - 1/4 Cup
- 3 Brown basmati - 1 1/2 Cup
- 4 Quinoa - 1 1/2 Cup
- 5 Salt - as required
- 6 Oil For greasing idli molds

Cooking Procedure

- 1 Rinse daals and soak them in water overnight
- 2 Rinse brown basmati and soak it in a separate Container overnight.
- 3 Rinse quinoa then soak in a separate Container overnight
- 4 Grind both the daals by adding little water and set aside in a huge Container
- 5 Grind brown basmati along with quinoa then add brown basmati mixture to the ground daal paste
- 6 Add salt Cover and keep For Fermenting For at least 5 hrs
- 7 After the batter is Fermented, grease the idli stand
- 8 Steam idlis in pressure Cooker or in a Container until Cooked
- 9 Remove and serve



Healthy Quinoa Upma

Quinoa Upma Recipe

Time: 25 minutes

Yield: About 3.5 cups

Ingredients:

- 1 cup quinoa, washed and drained
- 2 cups water
- 1 tablespoon vegetable oil
- 1½ teaspoons of ghee/clarified butter (See note)
- 1 tablespoon mustard seeds
- 8-10 curry leaves
- ½ cup red onions, peeled and diced
- 1-2 green chillies, seeded and diced
- 1 teaspoon ginger paste
- ½ cup frozen green peas, defrosted
- ½ cup frozen yellow corn, defrosted
- Salt to taste
- ½ teaspoon red chili powder
- 2 tablespoons cilantro, finely chopped
- Freshly squeezed lemon juice to taste
- 2 tablespoons peanuts, chopped (optional)
- Store bought mint chutney/cilantro chutney as an accompaniment (optional)



Method:

- 1) In a medium pot cook 1 cup of Quinoa along with 2 cups of water, as per the package instructions. When cooked, fluff with a fork and set aside.
- 2) In another medium non-stick pot heat the oil and ghee on medium heat. Once the oil is heated add the mustard seeds. When the mustard seeds start to sputter, add the curry leaves and cook them for 1 minute.
- 3) Now add the onions and green chillies and sauté until the onions start to change color. Add the ginger paste and cook for 1-2 minutes.
- 4) Add the peas and corn along with 1-2 tablespoons of water and cover and cook till the peas and corn are tender.
- 5) Add ½ teaspoon red chili powder and salt to taste. Now add the quinoa and toss gently to mix all the ingredients into the quinoa.
- 6) Turn off the heat and remove from the stove-top. Add the cilantro and give the quinoa another quick toss.
- 7) Season with lemon juice to taste and garnish with crushed peanuts. (Add more salt if you need to at this stage). This can be served by itself or with an accompaniment of store-bought mint or cilantro chutney.

Delhi Street Food Quinoa Potato Cakes



Dehli Street Food - Quinoa Potato Cakes

Prep Time

30 mins

Cook Time

30 mins

Total Time

1 hour



These delicious and healthy quinoa potato cakes are inspired by Indian Street Food.

Author: Soni Sinha
Recipe Type: Appetizer
Serves: 4

Ingredients

- Quinoa (Cooked)-1 cup
- Potatoes large-2 (boiled)
- Fresh Crushed Ginger-1/2 inch
- Ground Cumin-1 1/2 tsp
- Garam Masala-1 tsp
- Fresh Coriander-1/2 cup
- Jalapeños (green chillies)-2 chopped
- Salt- to taste
- Oil-to pan fry

Instructions

1. Cook the Quinoa according to the instructions.
2. Boil the potatoes until tender. Drain and allow to cool and mash.
3. In a deep bottomed vessel, add the Quinoa, mashed potatoes, ginger, cumin, garam masala, jalapeños, coriander and salt. Check the seasonings.
4. Made round patties with the mixture.
5. In a skillet heat about 2 tbsp of oil on medium heat and place the patties. Let it develop a golden color on one side before flipping over and repeat the process for the other side.
6. Arrange on a platter with some salad of your choice and some sauce or chutney.



Sarang
Herbs & Food



Super Versatile Quinoa Cakes



Quinoa cakes

These quinoa cakes are actually the perfect vegetarian burgers. Or, topped with a poached egg, simply served with yogurt or vegetable dip, they are great for parties or served as an appetizer.

Author: Tamara Novacovic

Recipe Type: Appetiser

Ingredients

- ½ cup (120 g) quinoa
- 2 eggs
- salt
- pepper
- 1 tbsp finely chopped parsley
- 1 tbsp grated cheese
- ½ onion
- 2 garlic cloves
- ¼ cup (50 g) breadcrumbs
- olive oil

Instructions

1. Rinse quinoa and cook it in 1 cup of salted water for about 20 minutes. Drain well.
2. Finely chop garlic, onion, parsley. Add cooked quinoa, 2 lightly beaten eggs and grated cheese. Add salt and pepper to taste. In the end, add breadcrumbs and let stand for a few minutes, so that they soak extra liquid. Shape the mixture into medium-sized cakes, lightly press each with your palms.
3. In a skillet, heat olive oil. Bake cakes for 5-7 minutes on each side, until they get nice, brown color.



Sarang
Herbs & Food



Cajun Crab and Quinoa Cakes

Ingredients:

- 4 cups water
- 1/2 cup uncooked quinoa
- 1 thyme sprig
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika
- 1/4 teaspoon ground red pepper
- 1/4 cup plain fat-free Greek yogurt
- 1/4 cup canola mayonnaise
- 1/4 cup chopped sweet pickles
- 2 tablespoons olive oil, divided

Method

1. Combine first 3 ingredients in a saucepan; bring to a boil. Reduce heat; simmer 30 minutes or until mushy. Discard thyme. Drain, pressing to remove excess water. Cool slightly.

2. Combine black pepper, paprika, and red pepper. Combine yogurt, mayonnaise, pickles, and mustard.

3. Place crab in a medium bowl; mash slightly. Add quinoa, 1/2 teaspoon spice mixture, half of yogurt mixture, bell pepper, and next 4 ingredients (through egg white); stir gently. Divide mixture into 8 equal portions; gently pat into a 3-inch-wide patty. Place on a parchment-lined plate. Refrigerate 20 minutes.

Ingredients:

- 1 teaspoon Dijon mustard
- 8 ounces lump crabmeat, drained and shell pieces removed
- 1/4 cup finely chopped red bell pepper
- 1/4 cup finely chopped celery
- 1/4 cup chopped green onions
- 1/2 teaspoon kosher salt
- 1 large egg white



4. Preheat broiler to high.

5. Brush a jelly-roll pan with 1 tablespoon oil. Arrange chilled cakes on pan; brush tops with remaining 1 tablespoon oil. Sprinkle with half of remaining pepper mixture. Broil 5 minutes or until browned. Turn cakes over. Brush with oil from pan; sprinkle with remaining spice mixture. Broil 5 minutes or until browned. Serve cakes with remaining



Ready in 54 Mins; Serves 4

Sarang
Herbs & Food



Quinoa Kheer | Quinoa Pudding

Quinoa Recipes Indian



Quinoa Kheer | Quinoa Pudding

Prep time	Cook time	Total time
5 mins	40 mins	45 mins

Author: Shilpi Amit
Serves: 4

Ingredients

- Butter or Ghee: 1 tsp
- Quinoa: ½ cup,
- Water: ½ cup,
- Milk: ½ cup + 1 ½ cup,
- Saffron: 8-10 strings,
- Condensed milk: ½ cup,
- Almonds, cashews and pistachios: 5 each
- Cardamom or Elaichi powder: Two pinch



Instructions

1. Dry roast nuts on medium low heat till you get nice roasted smell. Let them cool down for few minutes and then chop them in small pieces.
2. Dissolve kesar or saffron in warm milk till you get nice color.
3. Wash quinoa 2-3 times in water and drain out the water.
4. In a medium hot pan add butter and quinoa and roast it for few minutes.
5. After few minutes of roasting add water and ½ cup of milk.
6. Let it boil, change the heat to medium low, cover and cook for 15-20 minutes or till quinoa becomes soft.
7. Once quinoa is soft add rest of the milk, cardamom powder, saffron mixture and increase the heat to medium.
8. Stir it frequently and let the kheer boil for 7-8 minutes and then add condense milk.
9. Stir and cook for additional 7-8 minutes. After that add chopped nuts and cook for another minute or two.
10. Switch off the heat and Quinoa kheer is ready to serve hot.
11. To Serve it chilled, keep it in the refrigerator for couple of hours.

Sarang
Herbs & Food



Healthy Ramadan Recipe

Quinoa Kheer



Ingredients

- Quinoa – ½ cup
- Cashew nuts – ¼ cup
- Milk – 2 ½ cups
- Condensed milk – 2 tbsps
- Jaggery – ½ cup
- Cardamom – 3



Method

- Soak cashew nuts in water for half an hour.
- Rinse quinoa thoroughly and soak in water for half an hour.
- Drain the quinoa.
- Add milk and cook it on a slow flame till done.
- Drain the cashews and grind to a smooth paste adding a little milk as required. Keep aside.
- Add jaggery, cashew paste and condensed milk.
- Let it simmer till the kheer thickens.
- Sprinkle cardamom powder and mix well.
- Serve chilled.



Quinoa Kheer Dessert

Quinoa Kheer Dessert

Prep Time	Cook Time	Total Time
20 mins	2 hours	2 hours 20 mins

Cooked quinoa has such a delicate soft texture and works wonderfully well in this recipe. Just make sure you wash the quinoa thoroughly to get rid of the bitter saponin coating on the seeds.

Author: Nik Sharma

Recipe Type: Dessert

Serves: 6



Ingredients

- ½ cup quinoa
- 1 cup water
- 1 teaspoon ghee or butter
- 4 dried dates, pits removed and chopped
- 4 teaspoons golden raisins
- 1 teaspoon pistachios, unshelled and chopped (I used unsalted raw pistachios)
- 1 teaspoon slivered almonds
- ¼ teaspoon ground cardamom seeds
- 3 cups skim milk
- a pinch of saffron (I used Spanish saffron)
- 3 tablespoons sugar (add more sugar if you prefer it sweeter)
- 2 teaspoons rose water
- a little extra toasted and chopped pistachios for garnishing

Instructions

1. Rinse the quinoa thoroughly under running cold water until the water turns clear. (I prefer to massage the seeds with my hands while rinsing to make sure that I get rid of the bitter saponin completely). Bring the quinoa and water to a boil on a medium flame, cook until the seeds become translucent. Drain and discard the liquid from the cooked quinoa and keep aside.
2. In a thick-bottomed stock pot, melt the ghee or butter on a medium high flame. Add the dates, raisins, pistachios, almonds, and cardamom to the melted ghee and sauté them for a minute.
3. Add the cooked quinoa to the nut and fruit mixture in the pot. Fold in the milk, saffron, and sugar. Bring the entire contents of the pot to a boil on a medium flame, then reduce to a simmer and cook till the liquid volume reduces by one-third. Stir frequently to make sure the milk does not burn.
4. Cool the kheer to room temperature. Then fold in the rose water and refrigerate for at least 2 hours. Serve chilled and garnish with the extra pistachios.



Quinoa and Moongdal Kheer



METHOD

1. Pressure cook quinoa and moong dal with 2 cups of water up to three whistles. Once the steam gets released, pour the cooked quinoa and moong dal in a pan.
2. Add the sweetened condensed milk, saffron strands and water (as needed). Bring everything to a boil.
3. Heat the ghee and fry the cashew nuts until they turn golden brown. Add to the kheer, put off the stove and finally add the cardamom powder.
4. Enjoy warm or cold.
5. Recipe courtesy: Priya's Easy N Tasty Recipe.

INGREDIENTS

- 1/2 cup - Quinoa
- 1/2 cup - yellow moong dal
- 1/2 cup - sweetened condensed Milk
- A few Saffron strands
- 1 tsp - Ghee
- 10 - Cashew nuts
- 1tsp - Cardamom powder



Sarang
Herbs & Food



Quinoa Kheer

INGREDIENTS

quantity	metric	units
2	5.4	US

- $\frac{1}{2}$ cup quinoa
- 1 cup water
- 1 teaspoon ghee or 1 teaspoon butter
- 4 dried dates, pits removed and chopped
- 4 teaspoons golden raisins
- 1 teaspoon pistachios, unshelled and chopped (I used unsalted raw pistachios)
- 1 teaspoon slivered almonds
- $\frac{1}{4}$ teaspoon ground cardamom
- 3 cups skim milk
- 1 pinch saffron (I used Spanish saffron)
- 3 tablespoons sugar (add more sugar if you prefer it sweeter)
- 2 teaspoons rose water

Nutrition

DIRECTIONS

Preparation.

Rinse the quinoa.

Bring the quinoa and water to a boil on a medium flame, cook until the seeds become translucent. Drain and discard the liquid from the cooked quinoa and keep aside.

In a thick-bottomed stock pot, melt the ghee or butter on a medium high flame. Add the dates, raisins, pistachios, almonds, and cardamom to the melted ghee and sauté them for a minute.

Add the cooked quinoa to the nut and fruit mixture in the pot. Fold in the milk, saffron, and sugar. Bring the entire contents of the pot to a boil on a medium flame, then reduce to a simmer and cook till the liquid volume reduces by one-third. Stir frequently to make sure the milk does not burn.

Cool the kheer to room temperature. Then fold in the rose water and refrigerate for at least 2 hours. Serve chilled and garnish with the extra pistachios.

Preparation.

Rinse the quinoa.

Bring the quinoa and water to a boil on a medium flame, cook until the seeds become translucent. Drain and discard the liquid from the cooked quinoa and keep aside.

In a thick-bottomed stock pot, melt the ghee or butter on a medium high flame. Add the dates, raisins, pistachios, almonds, and cardamom to the melted ghee and sauté them for a minute.

Add the cooked quinoa to the nut and fruit mixture in the pot. Fold in the milk, saffron, and sugar. Bring the entire contents of the pot to a boil on a medium flame, then reduce to a simmer and cook till the liquid volume reduces by one-third. Stir frequently to make sure the milk does not burn.

Cool the kheer to room temperature. Then fold in the rose water and refrigerate for at least 2 hours. Serve chilled and garnish with the extra pistachios.



Sarang
Herbs & Food



Quinoa Payasam / Kheer

Preparation Time : 30 minutes

No Of Servings : 3

Weight watchers Point : 6

Ingredients:

- Quinoa : 1/2 cup
- Water : 1 1/2 cups
- Milk : 2 1/2 cups
- Brown Sugar or Granulated Sugar : 1/4 cup (adjust according to your sweet level)
- Cardamom : 2 nos. (pressed)
- Cashewnuts : 6-7 (roasted in ghee)
- Raisins : 6 (roasted in ghee)
- Ghee : 1 tsp
- Saffron : a pinch



Method Of preparation :

How to cook Quinoa:



1. Wash and soak quinoa for 15 minutes and just toast the quinoa in a pan with a tsp of oil over a medium heat until it turns light brown color for a few minutes before adding it to boiling water.
2. Heat water in a wide vessel and bring it to boil after that add the roasted quinoa into it.
3. Simmer the heat and cover the vessel with a lid and cook for 15 minutes or until you see the white tail (germ) popped out of the Quinoa. Quinoa cooks quickly within 15 minutes so always cook quinoa simmer heat and stir once in every 5 minutes.
4. After the quinoa has cooked, use a fork to fluff and separate the grains.

Quinoa Payasam:

1. Heat a tsp of ghee in a small pan and add the cashews and raisins. Roast them until it becomes golden brown.
2. Remove from heat and keep it aside.
3. Now boil the milk on a medium flame for 10 minutes. After that add the cooked quinoa with sugar and cardamom. Mix it all well.
4. Bring into boil again and finally garnish it with saffron, roasted cashews and raisins.
5. Remove from heat and let it cool.
6. Put it in the refrigerator for 30 minutes and serve it chill.

Sarang
Herbs & Food

