



RAINBOW VEGETABLE QUINOA

SERVES 2

VEGAN
FRIENDLY

STAGE 2

This family recipe is packed with nutritious goodness and looks incredible, making it perfect for adventurous foodies!

Quinoa's a really good way to try new flavours. For a lighter, summery twist, swap the basil for mint leaves and add a dash of lemon.

WHAT YOU NEED

30g quinoa
20g diced red pepper
25g diced carrot
5 diced cherry tomatoes
10g diced onion
10g sweetcorn
15g avocado
½ clove garlic
sunflower oil for cooking
1tbsp chopped basil

WHAT TO DO

1. Cook your quinoa as shown on the packet and set aside.
2. Heat oil in a pan and add the red pepper, carrot, onion and sweetcorn. Cook for 6 minutes or until everything's nice and soft.
3. Add the tomatoes, avocado and garlic and cook for another few minutes.
4. Add the quinoa and basil to the pan and heat for one minute to combine all the ingredients.
5. Allow to cool and fluff the quinoa before serving.