



UCOOK

One Pot Moroccan Quinoa

with green olives & bell pepper

It's Morocco in one pot. A mouthwatering sauce with layers of onions, peppers, harissa paste, tomatoes, flavourful spices, and earthy spinach is complemented by fluffy quinoa. Topped with golden mushrooms & toasted almonds. Garnished with a squeeze of lemon juice & chopped parsley. Whoever is on dish duty tonight is going to be happy!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

 Veggie

 Creation Wines | Creation Syrah Grenache

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Ingredients & Prep

10g	Almonds <i>roughly chopped</i>
125g	Button Mushrooms <i>wiped clean & roughly sliced</i>
1	Onion <i>½ peeled & roughly diced</i>
1	Green Pepper <i>½ rinsed, deseeded & cut into bite-sized pieces</i>
10ml	Pesto Princess Harissa Paste
1	Plum Tomato <i>rinsed & roughly diced</i>
75ml	Quinoa <i>rinsed</i>
10ml	Stock & Spice Mix <i>(2,5ml Ground Cumin, 2,5ml Ground Paprika & 5ml Vegetable Stock)</i>
20g	Spinach <i>rinsed</i>
1	Lemons <i>rinsed, zested & cut into wedges</i>
30g	Pitted Green Olives <i>drained & halved</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. GOLDEN ALMONDS Place the chopped almonds in a pot (big enough for the quinoa) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside.

2. YUMMY MUSHROOMS Return the pot to medium-high heat with a drizzle of oil. When hot, fry the mushrooms until golden and crispy, 5-6 minutes (shifting occasionally). Remove from the pot, season, and set aside.

3. ONE POT WONDER Return the pot to medium heat with a drizzle of oil. When hot, fry the diced onion and the pepper pieces until charred, 4-5 minutes (shifting occasionally). Add the harissa paste and fry until fragrant, 1-2 minutes. Add the diced tomatoes, the rinsed quinoa, the stock & spice mix, and 150ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the quinoa tails have popped out, 12-15 minutes. In the final 2-3 minutes, stir through the rinsed spinach until wilted. Remove from the heat, stir through a squeeze of lemon juice, the lemon zest (to taste), the halved olives, and seasoning until heated through, 2-3 minutes.

4. TUCK IN! Bowl up the Moroccan quinoa. Dress with a generous squeeze of lemon juice. Top with the golden mushrooms and the toasted almonds. Garnish with the chopped parsley. Serve any remaining lemon wedges on the side. Wow, Chef!

Nutritional Information

Per 100g

Energy	330kJ
Energy	79kcal
Protein	2.9g
Carbs	12g
of which sugars	2.7g
Fibre	2.7g
Fat	2.5g
of which saturated	0.2g
Sodium	172mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days