



# 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!

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Samantha du Toit

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 Veggie

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 Creation Wines | Creation Syrah Grenache

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## Ingredients & Prep

40g	Almonds <i>roughly chopped</i>
500g	Button Mushrooms <i>wiped clean &amp; roughly sliced</i>
2	Onions <i>peeled &amp; roughly diced</i>
2	Bell Peppers <i>rinsed, deseeded &amp; cut into bite-sized pieces</i>
40ml	Pesto Princess Harissa Paste
1	Plum Tomato <i>rinsed &amp; roughly diced</i>
300ml	Quinoa <i>rinsed</i>
40ml	Stock & Spice Mix <i>(10ml Ground Cumin, 10ml Ground Paprika &amp; 20ml Vegetable Stock)</i>
80g	Spinach <i>rinsed</i>
1	Lemons <i>rinsed, zested &amp; cut into wedges</i>
120g	Pitted Green Olives <i>drained &amp; halved</i>
10g	Fresh Parsley <i>rinsed, picked &amp; 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, 6-7 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, 6-7 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 600ml 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 4-5 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