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VEGAN

CARROT-LEMON QUINOA BOWL
WITH
PINE-NUTS

Ingredients:

(one big portion)

- 1 carrot, grated
- 1 garlic clove
- 40g pine-nuts
- 75g white quinoa
- 1 tbsp olive oil
- 225ml of clear water
- fresh juice of 1/2 lemon
- handful of coriander
- handful of mint leaves
- handful of parsley
- handful of lemon balm leaves
- pinch of himalayan salt

1. Press out the garlic clove with help of a garlic press and saute with pine nuts on 1 tbsp olive oil on a highest heat for about 3-5 minutes.



2. Add the grated carrot and fry another few minutes, while stirring constantly.



3. Add the quinoa and fry 1 minute, then cover with 75ml of water while maintaining the highest heat. Then add the rest of the water and put the heat down (on my stove from 12 to 5) and let your carrot-quinoa simmer for about 15 minutes until its cooked.



4. After apporx. 15 minutes add coriander, fresh mint leaves, parsley and lemon balm leaves. You can add any kinds of greens you like or just leave them our completely.



5. Squeeze out the juice of 1/2 lemon and give it into your carrot-quinoa. Add a pinch of himalayan salt if you like. And enjoy your meal.



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