



Garlicky herby quinoa

BY MIDLIFE MENU

Ingredients:

Serves 4

1 cup quinoa (dry, uncooked)
1 3/4 cups water
1 1/2 tsps olive Oil
1 cup parsley (or any other herbs or a mixture, finely chopped)
2 cloves garlic (minced)
Salt & Black Pepper (to taste)

Alternatives:

Could add 1.5 cups frozen peas to the standard recipe or fry the garlic with 2 cups of sliced mushrooms and stir through the quinoa.

Instructions:

- 1 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover.
2. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
3. In a bowl, combine the quinoa, olive oil, parsley, garlic, salt and pepper. Mix well and enjoy!

Storage: store in an airtight container in the fridge up to 4 days or freeze.

FOR YOUR WEEKLY DOSE OF RECIPES, PLEASE VISIT
WWW.MIDLIFEMENU.COM/RECIPES

