

## **INGREDIENTS**

## Serves 4

Quinoa 180g
Ghee/ Olive oil 30 ml
Mixed vegetables, chopped 1 cup
Curry powder 10g
Salt to taste.

## **RECIPE**

- $oldsymbol{1}$  Boil the quinoa and then drain off the excess water.
- 2 Heat the ghee/olive oil and sauté the vegetables.
- 3 Add the curry powder, salt and boiled quinoa. Give it a good mix.
- 4 Serve warm and garnish with the lemon wedges and the chopped coriander.

## TIPS

- Asparagus, onion and broccoli are the recommended vegetables for this dish.
- Garnish with pickled onions and lemon wedges.
- Perfect side dish for any grilled protein.