

Dr Joanna McMillan

Appliance: Philips Grainmaster

Recipe: Quinoa & Chickpea Veggie Pilaf

Ingredients

1 tb extra virgin olive oil
1 red onion, diced
2 cloves garlic, peeled and finely chopped
1 celery stick, chopped
1 red capsicum, diced
1 zucchini, diced
1 baby eggplant, diced
1 ear of corn, kernels cut off with a small sharp knife
1 cup quinoa
2 cups chicken stock (or use vegetable stock for vegetarian dish)
Handful fresh flat leaf parsley, coarse stalks removed & leaves roughly chopped
Handful of fresh mint, leaves picked
Black pepper

Method

Select the **Quick Cook Function** and with the lid open heat the oil in the pan. Once hot add the onion and sauté for a couple of minutes. Add the other veggies and continue to sauté for 5-6 minutes until softened.

Wash the quinoa well in a sieve under the running cold water tap. Add to the pan along with the stock. Close the lid and select the **Quinoa** program from the menu.

When there is 5 minutes left on the timer open the lid, add the chickpeas, stir to combine and close the lid to finish cooking.

Once cooked stir through the fresh herbs and a good grind of fresh black pepper. Serve as a vegetarian main dish or as an accompaniment to grilled meat or fish.