



## Quinoa Delight ( OP I )

Serving: 1

Veg

### *Ingredients*

- Asparagus blanched, tips trimmed - 8
- Quinoa - 2 tablespoons
- Salt - to taste
- Spring onion bulb - 1
- Lemon juice - 1 teaspoon
- Red capsicum -  $\frac{1}{2}$
- Green capsicum  $\frac{1}{2}$
- Crushed black peppercorns - as per taste
- Oil - 1 teaspoon

### *Preparation Method*

- Heat 2 cups water in a non-stick pan, add quinoa and salt, cover and cook.
- Roughly chop spring onion bulbs. Keep the asparagus tips for garnish and chop the stalks. Cut the red capsicum into small cubes.
- Put spring onions, asparagus, red capsicum, green capsicum in a bowl.
- Add crushed black peppercorns and lemon juice, olive oil and salt and mix well. When the quinoa is done, add it to the vegetables in the bowl and mix well. Serve