

Quinoa With Stir-Fried Winter Vegetables

Instructions

1. Cook the quinoa according to the package instructions. Meanwhile, heat 3 tablespoons of olive oil in a wok or a large pan, then add the garlic and fry for 1 minute. Add in the carrots, leeks, and broccoli florets, and stir fry for 2 minutes until everything is glistening.
2. Add the sun-dried tomatoes, vegetable stock, and tomato purée to the pan. Cover the pan with a lid and cook for 3 minutes. Take the prepared quinoa and toss it in the remaining olive oil and lemon juice. Divide the quinoa between warm plates and spoon the vegetables on top to serve.

Ingredients

- 1 cup of quinoa
- 5 tablespoons of olive oil
- 2 cloves of garlic, finely chopped
- 3 carrots, cut into thin sticks
- 1 ¼ cups of leeks, sliced
- 1 ¼ cups of broccoli, cut into small florets
- 1/2 cup of sun-dried tomatoes, drained and chopped
- 3/4 cup of vegetable stock
- 2 teaspoons of tomato purée
- Juice from 1 lemon

Grocery List (add optional toppings to list as desired)

Produce

- Garlic
- Carrots
- Leeks
- Broccoli
- Lemon

Canned Goods/Grocery

- Quinoa
- Olive oil
- Sun-dried tomatoes
- Vegetable stock
- Tomato purée