

Quinoa Almond Pilaf

Oscar · 28/09/2024

**Prep Time**

45 mins

Difficult

Medium

Servings

3

Description

Highprotein side dish with plenty of flavor and crunch Rinsing the quinoa three times will help to eliminate any bitterness

Ingredients

- - ½ cup quinoa
- rinsed and drained - 1 cup cold water - ¼ teaspoon salt - 3 tablespoons olive oil - 1 celery rib
- chopped - 1 small onion
- chopped - 1 carrot
- chopped - 1 clove garlic
- minced - 8 almonds
- coarsely chopped - 1 small tomato
- seeded and chopped - 2 tablespoons raisins - ? teaspoon salt - ? teaspoon ground black pepper - ? teaspoon dried thyme - ? teaspoon dried oregano - 1 pinch coarse sea salt

Instructions

1. Combine quinoa
2. cold water
3. and salt in a saucepan; bring to a boil
4. reduce heat to medium-low
5. place a cover on the saucepan
6. and cook until the liquid is fully absorbed
7. about 15 minutes. Heat olive oil in a skillet over medium heat. Cook and stir celery
8. onion
9. carrot
10. and garlic in the hot oil until the onion is translucent
11. 5 to 7 minutes. Stir almonds
12. tomato
13. raisins
14. salt
15. pepper
16. thyme
17. and oregano into the vegetable mixture; cook and stir 1 minute more. Fluff the quinoa with a fork and stir into the mixture in the skillet; cook and stir until evenly mixed and hot
18. about 30 seconds. Divide between 3 plates; sprinkle the top of each portion with a scattering of a few coarse sea salt granules for a surprising crunch of salty goodness.