

# COCO QUINOA BOWL

## BEST FOR

- Morning Detox Drink
- Breakfast

- Lunch
- Mid-Meal

- Dinner
- An Occasional Treat

*Technically, quinoa is a seed, but we classify it under the umbrella of 'grains' because it has the same digestibility level as grains. This recipe is delicious. All the herbs come together to create an exquisite flavour.*

## INGREDIENTS

SERVES 2-3 AS MAIN MEAL

- 1 cup quinoa
- 3 ½ cups water
- 1 cup green peas
- 3 cups chopped cauliflower
- 2 small potatoes, diced
- 1 teaspoon ginger, grated
- 1 teaspoon green chili, crushed
- 1 tablespoon fresh thyme or 1 teaspoon dried thyme
- 2 cups coconut milk
- 2 ½ teaspoons rock salt
- 1 tablespoon lemon juice
- ½ cup chopped coriander

## PRE-PREPARATION

Prepare 2 cups coconut milk as mentioned on page 40

## METHOD

1. Wash the quinoa. Place it in a saucepan along with 2½ cups of water and let it cook on low flame till the quinoa absorbs the water. Add more water if necessary.
2. In another saucepan, add 1 cup of water along with the peas, cauliflower and potatoes and cook till soft to bite. Then, take out all the vegetables from the pan and store the broth aside.
3. Add the vegetables to the quinoa. Stir well.
4. Add ginger, chili and thyme and stir for ½ a minute.
5. Switch off the stove and immediately add coconut milk, salt & lemon. Keep the pan covered for 5 minutes so the ingredients can cook using the steam inside, not directly on the flame.
6. Top with coriander, stir well and serve immediately.