



Quinoa and chickpea stuffed peppers with merquén



Maria José Coloma, Shelly Johnston and Ryan Gorczycki,
nutrition team, International Year of Quinoa FAO-RLC (US-Chile)

Serves: 4

Ingredients:

4 large peppers
120 g quinoa
3 cups water
2 cups chickpea, soaked in water overnight
1 medium onion
2 garlic cloves
1 ½ cups mushroom, sliced
2 tomatoes
1 large carrot
1 tbsp merquén (smoked chilli), or to taste
¼ tsp salt, or to taste
Olive oil, enough to fry
240 g grated cheese
1 cup fresh coriander (cilantro), chopped
½ cup basil, chopped

Preparation:

- Preheat the oven to a high temperature.
- First, the quinoa should be cooked in 3 cups of water. Once the water is boiling, lower the heat and simmer for about 15 minutes or until the water has been absorbed and the quinoa is tender.
- In another pot, cook for 30 minutes the chickpeas that were soaked overnight. Mash when tender.
- Cut the peppers lengthwise into halves and seed. Lay them on a baking tray, open side down. Place in the oven for about 10 minutes until the skin begins to soften.
- Grate the carrot and chop the onion and garlic cloves.
- In a pan with oil, gently fry the onion, garlic and carrot on medium heat. Add the mushrooms, merquén, salt and 2 tablespoons of coriander. Cook for 5 more minutes.
- Seed and dice the tomatoes.
- In a bowl, combine the quinoa, chickpea paste, chopped basil and diced tomatoes with the preparation previously fried in the pan and mix until homogeneous.
- Fill the halved peppers with the mixture and sprinkle with the grated cheese.
- Place the stuffed peppers in the oven and cook for 15 minutes, or until the cheese starts to brown.
- Remove the peppers from the oven and let stand for 5 minutes. Serve hot garnished with the remaining coriander.



Tip:

The peppers can be served with a salad of romaine lettuce, tomato and grated carrot, mixed with sesame seeds, and a lemon juice and olive oil dressing.