



Quinoa with roasted tomatoes, walnuts and olives



Chef Jenna Beagh (US)

Serves: 4 (or 6 as a side dish)

Ingredients:

1 cup quinoa
3 cups water or vegetable stock
450 g cherry tomatoes
½ cup black olives, pitted and chopped
2 bay leaves
1 tsp cumin
½ tsp paprika
½ tsp salt or to taste
½ cup walnuts, chopped

Preparation:

- Wash the quinoa.
- Preheat the oven to 205 °C.
- Spread the walnuts on a foil-lined tray and toast for 3 to 5 minutes, or until golden brown. Remove and place in a bowl.
- Apply a little oil or cooking spray to the foil and place the cherry tomatoes on it. Roast the tomatoes in the oven for 30 minutes. They will start to burst and char. Remove the tomatoes from the oven and place in the same bowl as the walnuts.
- Combine the quinoa, bay leaves, paprika, cumin, water (or stock) in a pot on high heat. Bring to the boil, then reduce the heat and cook for 15 minutes, or until the quinoa has absorbed all the liquid.
- Add the quinoa to the mix of walnuts and tomatoes and add the olives.
- Season with salt to taste.