

Quinoa Upma

- Total Time: 45 minutes
- Cook Time: 30 minutes
- Serves: 4

Ingredients:

- 1 cup uncooked quinoa
- 1 1/2 cups water
- 1 medium onion, finely chopped
- 1 medium green chili, finely chopped
- 1 carrot, diced
- 15 green beans, chopped
- 1/4 tsp mustard seeds
- 6 -8 curry leaves
- Juice of 1/2 a lime
- 1/4 cup coriander leaves
- 1 tbs sunflower oil

Method:

- Heat oil on high in a large skillet
- Add mustard seeds and curry leaves, frying for a few seconds so they crackle.
- Add in green chili and fry for about 15 seconds.
- Add onions and cook, stirring occasionally, until they turn translucent.
- Add green beans and carrots and cook for about 5 minutes.
- Add the water and bring to a boil.
- Add quinoa and salt.
- Stir everything together and let it return to a boil.
- Reduce the heat and cover.
- Simmer for about 20 minutes.

- Uncover and add lime juice.
- Stir in coriander and remove from heat.
- Garnish with chopped coriander leaves.
- Serve hot.