

# Moroccan-Style Quinoa

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## About this Recipe

**Meal:** Entrée

**Serves:** 2 servings

**Prep time:** 10 minutes

**Cook time:** 30 minutes

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## Category

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## Dietary Preference

- ✓ Dairy-Free
  - ✓ Gluten-Free
  - ✓ Omnivore (Everything)
  - ✓ Pescatarian
  - ✓ Vegan
  - ✓ Vegetarian
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## Nutrition Information

**Serving Size:** half of recipe

**Calories:** 486

**Protein:** 16 grams (¼ hand)

**Fat:** 19 grams (2 thumbs)

**Low Carb:** 0 grams

**Moderate-High Carb:** 67 grams (3 ½ cupped hands)



## Registered Dietitian's Notes

This flavorsome dish can be enjoyed as a complete meal or as a side dish. Quinoa is a gluten-free, high-quality source of plant protein. It is considered a complete protein because it contains all nine essential amino acids. Quinoa is also high in soluble fiber, which helps to lower cholesterol and blood sugar levels.

## Ingredients

- 1 cup quinoa (185 grams)
- 1 lemon
- 1 tablespoon olive oil
- 1 red onion, medium
- 1 clove garlic
- 1 teaspoon smoked paprika
- 1 teaspoon cumin seeds
- ⅓ cup cherry tomatoes, halved
- ¼ cup olives, thinly sliced
- 2 tablespoons pistachios, chopped
- 2 tablespoons mint
- 2 tablespoons parsley
- 2 tablespoons fresh cilantro (coriander)



## Directions

1. To cook the quinoa, rinse it in a sieve under running water. Place the rinsed quinoa into a pot with 2 cups (500ml) of water and bring it to a boil. Reduce the heat and simmer for 15–20 minutes. When cooked, quinoa grains will become translucent. Strain the quinoa through a sieve and set aside.
2. While the quinoa is cooking, finely chop the onion and garlic. Slice the tomatoes in half, cut the lemon and olives into thin slices, and roughly chop the pistachios. Roughly chop the mint, parsley, and cilantro (coriander).
3. Heat the olive oil in a pan over a moderate heat and begin to caramelize the lemon slices. Leave them for 3 minutes and then flip them over to caramelize the other side. Remove the lemon from the pan and set aside.
4. If the pan is still reasonably clean, sweat off the onion and garlic in the same pan for 8–10 minutes. Add the paprika and cumin and cook for another 2 minutes.
5. Add the quinoa to the pan and stir all of the ingredients together.
6. Turn off the heat. Add the tomatoes, olives, pistachios, and fresh herbs. Fold it all together. Season with salt and pepper to taste.
7. Dish up the quinoa and place the caramelized lemon slices on top.

## Serving Suggestion

This is a delicious side dish with grilled chicken breast. Add a bowl of peppery arugula (rocket) for the perfect complement.