

Arabic Quinoa Bowl

This delicious vegetarian main course is full of flavor, texture and color!



Main Dish

Arab

15 min

Total time

Easy

Difficulty

191

kcal / serving

Ingredients

- 1/2 cup quinoa
- 1/4 cup raw almonds
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cardamom
- 1/2 of a medium-large tomato, diced
- 2 tablespoons freshly chopped parsley
- 1 tablespoon olive oil
- 1/4 teaspoon coarse sea salt

Steps

- 1 Heat a large skillet over medium heat. Add in the almonds and cook until lightly toasted (about 3-5 minutes).
- 2 Rinse the quinoa in a fine mesh strainer, then add it to the skillet and cook for a few minutes, stirring occasionally.
- 3 Add the cinnamon and cardamom to the skillet and stir well to combine.
- 4 Add the diced tomato and parsley to the skillet and stir to combine. Cook for another 1-2 minutes.
- 5 Add the olive oil, salt and any other seasonings to taste. Cook for another 1-2 minutes.
- 6 Serve hot with a sprinkle of chopped parsley on top. Enjoy!