

Garlic Parmesan Roasted Broccoli with Quinoa

A flavorful and nutritious main dish featuring tender roasted broccoli tossed with garlic and Parmesan, served over fluffy quinoa. Perfect for a wholesome, vegetarian-friendly meal.



Main Dish

25 min

Total time

Easy

Difficulty

320

kcal / serving

Ingredients

- 1 cup broccoli florets
- 1/4 cup quinoa
- 1 clove garlic, minced
- 1 tbsp olive oil
- 2 tbsp grated Parmesan cheese
- Salt and pepper to taste
- 1/2 lemon (for juice)
- Optional: red pepper flakes for a kick

Steps

- 1 Preheat oven to 400°F (200°C).
- 2 Rinse quinoa under cold water. Cook quinoa in 1/2 cup water by bringing to a boil, then reduce to a simmer and cover for 15 minutes or until water is absorbed.
- 3 Toss broccoli florets with olive oil, minced garlic, salt, and pepper.
- 4 Spread broccoli on a baking sheet and roast for 15 minutes until tender and slightly crispy.
- 5 Remove broccoli from oven, sprinkle with Parmesan cheese and return to oven for 2-3 minutes until cheese melts.
- 6 Fluff quinoa with a fork and squeeze lemon juice over it.
- 7 Serve roasted broccoli over quinoa, adding red pepper flakes if desired.