

Prestigious Protein-Packed Quinoa Bowl

Indulge in this exquisite quinoa bowl, rich in protein and flavor. Perfectly balanced with vibrant vegetables and a zesty dressing, this dish is not only nutritious but also a feast for the senses.


30 min

Total time

Easy

Difficulty

450

kcal / serving

Ingredients

- 1/2 cup quinoa
- 1 cup vegetable broth
- 1/2 cup cooked chickpeas
- 1/4 cup diced bell peppers
- 1/4 cup cherry tomatoes, halved
- 1/4 avocado, sliced
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Fresh parsley, for garnish

Steps

- 1 Rinse the quinoa under cold water.
- 2 In a saucepan, combine quinoa and vegetable broth. Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes or until liquid is absorbed.
- 3 In a bowl, mix the olive oil, lemon juice, salt, and pepper to create the dressing.
- 4 Once quinoa is cooked, fluff it with a fork and transfer to a serving bowl.
- 5 Top with chickpeas, bell peppers, cherry tomatoes, and avocado slices.
- 6 Drizzle the dressing over the bowl and garnish with fresh parsley.
- 7 Serve immediately and enjoy your protein-packed delight!