

Tea-Infused Quinoa Bowl

Elevate your quinoa dish with a unique infusion of tea, creating a fragrant and nutritious meal. This bowl combines the earthy flavors of quinoa with the subtle notes of green tea, complemented by fresh vegetables and a light dressing.



Main Dish

30 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1/2 cup quinoa
- 1 cup brewed green tea
- 1/4 cup cherry tomatoes, halved
- 1/4 cup cucumber, diced
- 1/4 avocado, sliced
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- Salt and pepper to taste
- Fresh herbs for garnish (optional)

Steps

- 1 Rinse the quinoa under cold water to remove any bitterness.
- 2 In a small saucepan, bring the brewed green tea to a boil.
- 3 Add the rinsed quinoa to the boiling tea, reduce the heat to low, cover, and simmer for 15 minutes until the quinoa is cooked and liquid is absorbed.
- 4 Remove from heat and let it sit covered for 5 minutes, then fluff with a fork.
- 5 In a bowl, combine the cooked quinoa with cherry tomatoes, cucumber, and avocado.
- 6 Drizzle with olive oil and lemon juice, seasoning with salt and pepper to taste.
- 7 Garnish with fresh herbs if desired and serve warm or at room temperature.