

CREAMY COCONUT SPINACH AND MUSHROOM QUINOA

This Creamy Coconut Spinach and Mushroom Quinoa is a delicious 30-minute dish that is incredibly nutritious with 7 servings of vegetables!

Makes 6

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Ingredients:

3 cups cooked quinoa
1 clove garlic, minced
1 tablespoon olive oil
2 cups chopped raw mushrooms
Salt & pepper to taste
3 cloves garlic, minced
3 cups raw spinach
2 tablespoons coconut milk
Lime, to squeeze over dish.

Method:

1. Cook quinoa, adding one clove of the garlic to the mixture.
2. While the quinoa is cooking, heat the olive oil in a large pan over medium high heat. Remember to remove quinoa from heat after cooking for 15 minutes.
3. Add the chopped mushrooms to the pan and stir together, coating. Season with fresh sea salt and freshly ground black pepper to taste.
4. Allow the mushrooms to cook for 10 minutes, stirring occasionally, until cooked through and softer.
5. Lower the heat to medium and add in the garlic and stir with the mushrooms, for about 5 minutes.
6. Add the spinach and the coconut milk to the mushroom mixture and stir. Cover with the lid and allow to cook for another 3 minutes until spinach becomes wilted. Remove lid and stir to combine everything. Season with more salt and pepper to taste if necessary.
7. Add the quinoa to the pan and stir everything together until combined.
8. Serve immediately with a wedge of lime to squeeze over the top. Enjoy!

Notes

- **This recipe is vegan and gluten free.**
- **You can add even more spinach and mushroom if you so desire to the dish. I used baby bella mushrooms, but you can use any variation that you want, bearing in mind a possible change in cook time.**

HOW TO STORE QUINOA

After the dish has cooled completely, transfer to an air-tight tupperware container. Place in the fridge and store for 3-4 days.

HOW TO FREEZE QUINOA

If freezing, store as above, and then place in the freezer, or in a freezer friendly-zipper plastic bag. Remove from the freezer when needed and reheat in a pan until thawed.

Read more:

http://www.jamaicaobserver.com/lifestyle/Recipe-Corner----Jessica-Hylton_85600?profile=&template=PrinterVersion#ixz4oR73Eqo6