

Quinoa Pilaf



Quinoa is called the grain of the Incas – however, as it belongs to the goosefoot family of plants, it really has little in common with common grains such as wheat, spelt, or oats. For example, it doesn't contain gluten, and that is just one of the qualities contributing to quinoa's rising popularity. In 2013, it was named Plant of the Year and in Germany, it's now referred to as a 'superfood'.

Indeed, quinoa has a whole range of unique beneficial properties. Not only is this ancient seed an excellent source of protein, but it's also rich in many different minerals. Seen from the Ayurvedic perspective, quinoa is particularly easy to digest and balances all three Doshas. And that is why this recipe is ideal for the Kapha period of spring.

Ingredients for 4 persons:

- 3 stalks of celery
- 4 large carrots
- 1 bunch broccoli
- 1/4 cup chopped parsley
- 3 Tbsp. Ghee
- 2 tsp. Vata Churna
- 1/4 cup soaked raisins
- 1/3 cup roasted almonds
- 1 1/2 cups quinoa
- Salt (to taste)
- Freshly ground black pepper (to taste)

Preparation:

1. Rinse the quinoa well, put it in a saucepan and cover with 3 cups of water. Add 1/2 teaspoon of salt and bring to a boil. Reduce the heat and simmer for about 15–20 minutes. Then let it steep for 10 more minutes.
2. Wash the vegetables and cut them into small pieces. In a sauté pan or frying pan, heat the Ghee, then heat the Vata Churna in it for 30 seconds. Vata Churna is a spice mixture consisting of cumin, ginger, turmeric, fenugreek, asafoetida, cane sugar and rock salt.
3. Now add the carrots to the pan and stew for a few minutes.
4. After 3–4 minutes add celery and broccoli, stir well and stew for another 3 minutes.
5. Add water and sauté for about 10 minutes until everything is soft. Add salt and pepper to taste.
6. Now mix the quinoa into the vegetables together with parsley, raisins and the roasted almonds.



Bon appetit!