



QUINOA AND CANNELLINI BEAN PILAF

We are big fans of cannellini beans in store here and wanted to find a seasonal recipe that showcased how awesome they are not only for soups and casseroles, but for salads and mains as well.

Here in combination with quinoa, flaked almonds, and a few herbs and spices they make the perfect vegetarian meal. High in protein, gluten free, delicious and suitable for vegans as well. A wholesome meal on its own, or great as a side with meat or roasted vegetables.

Serving Size: 3-4

Ingredients:

1 1/2 tablespoons olive oil

1 1/2 cups of cooked organic cannellini beans

1/3 teaspoon ground turmeric

1/2 teaspoon ground cumin

1/4 teaspoon ground chilli

1/2 teaspoon ground coriander

1/3 cup fresh dill

3 cups cooked organic white quinoa

Salt & Pepper to season

Handful of flaked almonds (toasted)

Method:

On medium heat, heat the olive oil in a saucepan and saute the (cooked) cannellini beans for approx 1 min.

Add the turmeric, cumin, chilli and coriander, mixing well for 30 seconds.

Add the (cooked) quinoa and fold into the beans, then season and cover with a lid for 3-4 minutes on low heat.

Remove the lid, mix in the fresh dill, garnish with toasted flaked almonds and serve immediately with fresh slices of avocado and cucumber.

Inspiration:

Enjoy this vegetarian dish on its own with fresh greens, or as a side dish alongside chicken, beef, lamb or fish.

Gluten Free | Dairy Free | Vegetarian | Vegan | Sugar Free