

Panasonic Cooking

Mixed Quinoa Pilaf

Quinoa is one of the healthiest foods on the planet, and packed with vitamins, minerals and protein. Try this mixed quinoa pilaf and get a delicious meal with all the nutrition!

Ingredients:

1 cup (200 g) quinoa, white, rinsed and soaked for one minute

2 tbsp (15 g) quinoa, red, rinsed and soaked for one minute

2 cups (500 ml) vegetable stock

3 tbsp (1.5 ounces/ 45 g) butter

15 (approximately) saffron threads

3 ounces (85 g) onions, diced

3 ounces (85g) carrots, diced

3 ounces (85g) celery, diced

3 ounces (85g) red pepper, diced

3 cloves (2 tbsp/40 g) garlic chopped

3 ounces (85g) green peas, frozen

2 tsp (10 ml) dry thyme

1/3 cup (85 ml) parsley, chopped

1 tsp (5 ml) salt

1/4 tsp (1 ml) black pepper

Directions:

1. Combine the vegetables in the multi cooker pan with the butter. Put the pan into the multi cooker, close the lid, select the Compote setting, and press Start.
2. Once you hear the beep, press Stop, open the lid, add the remaining ingredients except the parsley, close the lid, select the White Rice setting, and press Start.
3. Once you hear the beep, open the lid and add the parsley, combine and serve.