

SMOKY BROCCOLI QUINOA CRUNCH

Katie Simmons

INGREDIENTS

20 MINUTES 6 SERVINGS

- 1 1/2 cups quinoa
- 2 tsp smoked paprika
- 1/4 tsp salt
- 1 1/2 cups water
- 1 shallot
- 1 sweet crisp apple, like gala or Braeburn
- 2 tbsp honey mustard
- 2 tbsp Apple cider vinegar
- 2 cups broccoli florets
- 1/4 cup raisins
- 1/4 cup roasted sunflower seeds

TAGS

#vegan #glutenfree #oilfree



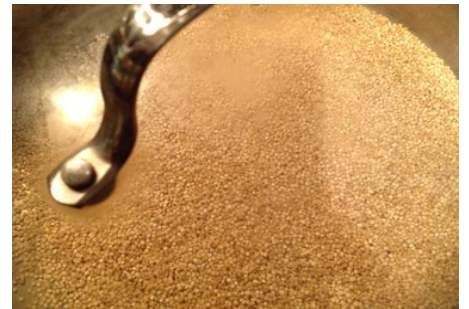
1

Gather ingredients



2

Place quinoa in a dry pot.



3

Cover and toast over medium heat, stirring often, for about 7 minutes





4

When quinoa starts to pop and turn golden, add smoked paprika and cook another minute. Add water and salt. Cover, and simmer about 10minutes, until quinoa is done



5

When quinoa is done, remove lid, fluff, and let cool. Remove from the pan and clean out the pan. You can use this same pan to steam the broccoli.



6

Mince shallot



7

Core and dice Apple



8

Combine shallot, Apple, honey mustard, and cider vinegar



9

Stir well. Make sure all of the apple pieces are coated with the dressing. This will help prevent browning





10

Cut broccoli into bite-sized florets



11

Add a cup or so of water to the bottom of the pan used to cook the quinoa. Bring the water to a boil. Add the broccoli florets. Cover and steam the broccoli florets until tender, about 5 minutes



12

Immediately remove steamed broccoli from the heat and shock in an ice bath.



13

When broccoli is cold, drain. Combine quinoa with Apple mix, raisins, sunflower seeds, and broccoli. Taste to adjust seasoning.



14

Dig in

