**Quinoa and Veggie Dish**

**Ingredients:**

* 1 cup dry quinoa – tri-coloured
* 2 cup water
* 1 ¾ cup chopped bell pepper of choice (Anita used green)
* 1 cup chopped other bell pepper of choice (Anita used yellow)
* 1 cup chopped hot pepper (optional for spice/heat) and red pepper
* 2 cups chopped tomato
* 1 cup chopped green tomatoes
* 1 ½ cup chopped onion

**Condiments & spices:**

* 2 tbs. oil of choice
* ½ tsp. cumin seeds
* 1 tsp. black pepper
* ½ tsp. turmeric powder
* 1 tsp. coriander powder
* 1 tsp. red pepper flakes (optional for spice/heat)
* 1 tsp. salt
* Enough fresh coriander to garnish

**Instructions:**

1. Rinse the quinoa and add it to 2 cups of water in a pot. Bring to a boil, then reduce heat and let simmer for approx. 10 minutes until water dries up.
2. In a large pot, add 2 tbs. oil of choice and heat to medium.
3. Add cumin seeds to oil and stir until browned.
4. Add the onions and stir.
5. After 1 minute add the hot peppers and red peppers and stir.
6. After 1 minute, add green peppers and stir.
7. After 1 minute add yellow peppers and stir.
8. Add all the tomatoes and stir. Cook for 5 minutes.
9. Once veggie mixture is done, add all the seasonings and stir so all the flavours can combine.
10. Grab a large bowl, add the quinoa and veggie mixture and stir everything together.
11. Dish it out and garnish with fresh coriander.

**Protein options:** fish, chicken, yoghurt, baked tofu