

# 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:**

1. On medium heat, heat the olive oil in a saucepan and saute the (cooked) cannellini beans for approx 1 min.
2. Add the turmeric, cumin, chilli and coriander, mixing well for 30 seconds.
3. Add the (cooked) quinoa and fold into the beans, then season and cover with a lid for 3-4 minutes on low heat.

4. 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**