

## Herbed Butter Garlic Quinoa

**Recipe Makes:** 2 Servings

**Nutritional Value (per serving)**

**Calories:** 305 kcal      **Protein:** 9.8 g      **Carbohydrate:** 47 g      **Fat:** 8.9 g

### Ingredients

¾ cups Quinoa

2 cloves Garlic, finely chopped

1 Onion, finely chopped

½ teaspoon Red Chilli flakes

1 teaspoon Mixed Herbs (Dried)

1 teaspoon Extra Virgin Olive Oil

½ tablespoon Butter

Salt, to taste

½ teaspoon Lemon juice



### Instructions

1. To begin making the recipe, firstly wash the quinoa in water, drain and set aside.
2. Heat a pressure cooker with olive and butter on medium flame, to this add the chopped garlic until it turns into a golden brown colour. This will take about a minute or so.
3. Next, into the pressure cooker, add the onions and cook until it turns transparent.
4. Reduce the flame, add the salt, mixed herbs, red chilli flakes and mix well.
5. Finally add in the washed and drained quinoa, 1 ½ cups of water and close the pressure cooker.
6. Pressure cook for 2 whistles and turn off the flame.
7. Allow the pressure to release naturally and only then open the pressure cooker.
8. Transfer it to a serving platter, sprinkle some mixed herbs, lemon juice and serve.