

# Cheezy Broccoli Quinoa

4 SERVINGS 20 MINUTES



## INGREDIENTS

1 cup Quinoa (uncooked)  
1 3/4 cups Water  
2 cups Broccoli (chopped into florets)  
1 tbsp Nutritional Yeast  
Sea Salt & Black Pepper (to taste)  
1/2 cup Hemp Seeds (Sprinkle 2 tbsp on final dish )

## NUTRITION

### AMOUNT PER SERVING

Calories	288	Potassium	623mg
Fat	12g	Vitamin A	292IU
Carbs	33g	Vitamin C	41mg
Fiber	5g	Calcium	66mg
Sugar	1g	Iron	4mg
Protein	14g	Vitamin B12	0.6µg
Cholesterol	0mg	Magnesium	235mg
Sodium	23mg	Zinc	4mg

## DIRECTIONS

- 01 Combine quinoa and water together in a small pot. Place over high heat and bring to a boil. Once boiling, cover and reduce to a simmer. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
- 02 While the quinoa cooks, lightly steam the broccoli florets. Once tender, drain the water then coarsley chop.
- 03 Mix together the quinoa, broccoli and nutritional yeast. Season with sea salt and black pepper to taste. Toss well to mix, sprinkle 2 tbsp hemp seeds and enjoy!

## NOTES

### SERVE IT WITH

Our BBQ Pulled Pork, Maple Mustard Chicken or BBQ Chicken with Grilled Balsamic Vegetables.

### LEFTOVERS

Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

### FREEZER TIPS

Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

### LESS BITTER

Rinse your quinoa before cooking.

### MORE FLAVOUR

Add a pinch of sea salt and black pepper to the pot while your quinoa is cooking.