

Quinoa with asparagus & spring onions

Quinoa is an excellent store provision for the larder, you can buy UK grown wholegrain quinoa here

<https://hodmedods.co.uk/products/british-quinoa>.

This is a very simple recipe using seasonal asparagus and spring onions

serves 2

100g quinoa 1 chilli

1 garlic clove

200g bundle of asparagus 6 spring onions 1 tbsp olive oil a handful of chopped herbs – (parsley, tarragon, chervil)

salt & black pepper

1 lemon

Cook the quinoa as per the packet instructions. (My guideline for white quinoa is to cook in twice as much water as quinoa uncovered until all the water has been absorbed Remove from the heat, pop on a lid and allow to steam for a further 5 minutes.

Finely chop the garlic & chilli and set aside.

Prepare the asparagus - trim away the fibrous ends and cut the remaining stalk at an angle into fine slices but leaving the top 2cms of the spear whole.

Prepare the spring onions by removing any tough outer leaves and thinly slice at an angle

Gently cook the garlic & chilli in the olive oil for 1 minute, add the asparagus and spring onions and cook for a further 2 minutes. Tip in the quinoa, heat through, stir in the fresh herbs, season with salt & pepper and finish with a little lemon zest & juice