

## View from the Fridge – Recipes from Brian Donkin

### Recipe # 97 – Quinoa Lima

**Preparation time: 10 mins    Cooking time: 25 mins**

#### Ingredients for flan case:

1 clove garlic smashed  
½ tspn oregano  
½ tspn thyme  
1 small red chilli pepper finely diced  
½ green pepper diced  
½ yellow pepper diced  
½ courgette diced  
½ glass corn oil  
1 plum tomato cored and diced (Tatty Shaw's sells them on the vine on Leith Walk)  
1 cup of quinoa  
2 cups of vegetable stock  
½ tspn salt

#### Method

1. Put quinoa, vegetable stock and salt into pot and bring to the boil
2. Simmer until there is no liquid left
3. Take out of pot and put to side
4. Fry all other ingredients (apart from plum tomato) in the corn oil until soft
5. Add quinoa and tomato
6. Take off heat, stir vigorously, cover with lid and rest for five minutes – then serve

*Serves 3 (see next page for picture)*

