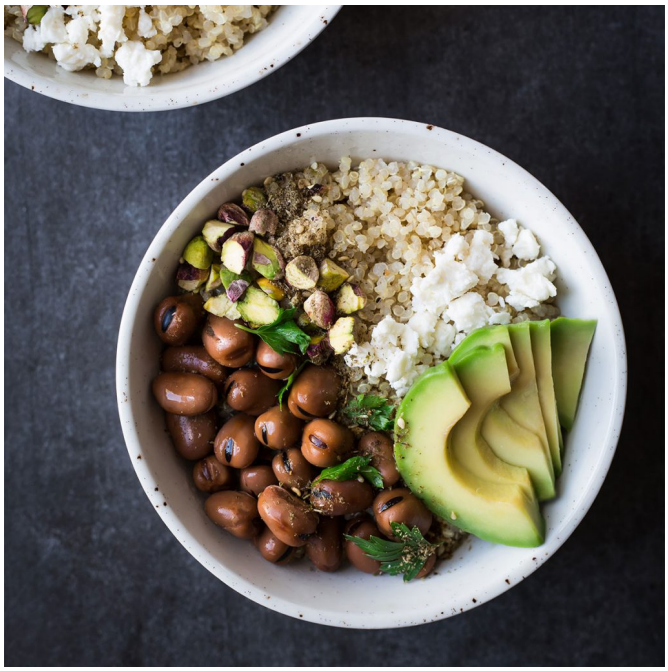
Quinoa, Avocado, Broad Beans, Feta, Za’atar and Pistachios



Serves 4

Ingredients

1½ tbsp olive oil
1 cup white quinoa
2 cups water
540 ml (1 can) broad beans, rinsed and drained
1 avocado, sliced
¼ cup feta
¼ cup green pistachios, coarsely chopped
1 tbsp za’atar (see note) or more to taste
Salt and fresh ground pepper
Italian parsley, to serve
Lemon juice and olive oil, to serve

Preparation

1. Rinse the quinoa in a fine sieve, and drain well.
2. Heat the olive oil in a saucepan over medium heat. Add the quinoa, and blend for 1 minute. Add the water; salt to taste. Bring to a boil, cover and cook over low heat for 12 to 15 minutes or until the quinoa is tender and all of the water has been absorbed. Remove from heat, and let sit while covered for 10 minutes. Fluff the quinoa with a

Chef’s Tip

Za’atar can be found in the exotic spice aisle of many grocery stores and in the spice sections of bulk stores and Middle Eastern grocery stores.

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fork.

3. Spoon the quinoa onto the bottom of two bowls. Garnish with broad beans, sliced avocado and feta. Arrange a few pistachios and Italian parsley leaves on top. Sprinkle with za’atar, and add salt and pepper. Drizzle generously with lemon juice and olive oil.