

Quinoa burrito bowl (gluten free)

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Adele from Vegie Head shares some tasty vegetarian recipes.

Ingredients (serves 2)

- 1 cup quinoa, rinsed (or brown rice – cook as per packet)
- 1 cup red kidney beans, rinsed and soaked overnight
- 1 cup coriander
- Juice of 1 lime
- 2 garlic cloves
- 1 small zucchini, sliced
- 1 small onion, diced
- 1 tsp cumin powder
- 1 tsp chilli flakes
- 1 can crushed tomatoes
- 1 cup baby spinach leaves
- 1 avocado
- Juice of 1 lemon
- 1 small red onion, diced
- ¼ cup red capsicum, diced

Method

Beans: Rinse beans and bring to the boil in a large pot, then simmer for two hours, or until soft (this

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depends on how fresh the beans are).
Spoon the foam off the top as it boils.
Drain and rinse beans and set aside.

Quinoa: Bring the quinoa to a boil in a small pot (watch the water levels - make sure it doesn't dry out and burn), allow to simmer for about 15 minutes, then turn off the stove and allow to sit for another 10 minutes.

Drain quinoa and pour lime juice on top, and stir through half of the coriander. Set aside
In a fry pan, saute the onions, zucchini, cumin, chilli and garlic.
Add the kidney beans and crushed tomatoes and simmer until the zucchini is soft.

To serve

Layer the quinoa, shredded lettuce, beans, avocado, diced onion and capsicum and top with another squeeze of lime, and more coriander.

"I used Coyo on my Mexi-bowl - WOW!" says Adele from [Veggie Head](#).

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