

Quinoa with Steamed Asparagus and Fil-Fil Herbal Lemon

Makes 2-3 servings

Ingredients:

1 cup quinoa
8 spears asparagus
2 cups water
¼ cup extra virgin olive oil
¼ cup raisins
3 Tbsp Fil-Fil Herbal Lemon
4 Tbsp finely chopped parsley
½ tsp sea salt



Rinse quinoa with cold water. In a saucepan, add the quinoa and water then bring to a boil and cover. Let it simmer on medium heat for 13 minutes then remove from the stove. Set aside to cool down.

Preparing the asparagus:

Wash the asparagus under cool running water to get rid of sand residues.

You can either trim away a couple of inches of the stalks, or bend each spear until it breaks at its breaking point.

Using a cutting board cut the spears into 1' peaces.

Place a steamer basket in a saucepan, put some water in the bottom, and place the asparagus inside the steamer basket, cover and steam. The spears will be ready when they turn bright green, in about 2-3 minutes.

Add the asparagus, olive oil, raisins, Herbal Lemon, parsley and salt to the quinoa and mix together.

Serve cold /room temperature as a salad or as a side dish.

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