



## Spicy Cajun Quinoa

Prep 10 mins

Cook 25 minutes

Serves 4 people

This vibrant dish combines fluffy quinoa with a medley of fresh vegetables like bell peppers, tomatoes, as well as hearty dark speckled lentils, all tossed in Essential's zesty Cajun spice mix. The heat is balanced perfectly with creamy avocado and a burst of tangy lemon, making every bite a fiesta. Packed with protein, fibre, and nutrients, it's an easy-to-prepare dish that is as wholesome as it is delicious.

### Ingredients

**100g quinoa**

**500ml vegetable stock**

**1 red bell pepper** - sliced

**1 red onion** - sliced

**1½ tablespoon cajun spice mix**

**½ 400g tin dark speckled lentils** - drained and rinsed

**1 avocado** - diced

**bunch spring onions** - chopped

**fresh coriander** - chopped

**1 tablespoon olive oil**

**juice of ½ a lemon**

### Method

In a medium saucepan, combine the rinsed quinoa and vegetable stock. Bring to a boil, then reduce the heat to low, cover, and simmer for 15 minutes. Drain the quinoa well, fluff with a fork, and let it cool.

Meanwhile, in a frying pan over medium-high heat, add a bit of oil. Sauté the bell pepper and red onions until soft. Reduce the heat to medium, add ½ tablespoon of the Cajun spice mix, and cook for another minute.

In a large mixing bowl, combine the cooked quinoa, lentils, sautéed bell pepper, red onion, spring onions, and fresh coriander. Sprinkle the remaining Cajun spice blend over the ingredients, then gently toss everything together.

Add the diced avocado and squeeze the juice of half a lemon over the quinoa mix. Taste and adjust the seasoning if necessary with salt, pepper, and more lemon juice.

Serve the Spicy Cajun Quinoa immediately, or chill in the refrigerator for a few hours to allow the flavours time to infuse. Enjoy!

