

Curried Quinoa with peas and cashews:-

**2 Tbs canola oil (no oil says James!!)
1 onion 1/4 finely diced and 3/4 coarsely chopped
1 cup quinoa, rinsed
2tsp curry powder
Salt and Milled pepper
2 zucchini diced into small cubes
1 cup carrot juice
1 cup peas
1/4 cup thinly sliced scallions including the green
1/2 cup cashews, roasted and coarsely chopped
2 Tbs chopped parsley**

HEAT half oil (if using) in small pot, add the finely diced onion, and cook over medium heat for about 3 mins. Stir in the quinoa, 1/2 tsp curry powder, and 1/4 tsp salt and cook for 2 mins. Add 2 cups boiling water then lower the heat. Cover and cook for 15 mins.

MEANWHILE, heat remaining Tbs oil (if using) in a skillet. Add the chopped onion, zucchini, and remaining 1 1/2 tps curry powder. Cook, stirring frequently, over medium heat for 5 mins. Add 1/2 cup water, the carrot juice, and 1/2 tsp salt. Cover and simmer for 5 mins, then add the peas and scallions and cook for a few mins. Stir in the veges and cashews into the quinoa. Taste for salt and season with pepper. Garnish with the parsley