

Purple Carrot Cook

QUINOA TABBOULEH

SERVES 4 / PREPARE 10 MINS / COOK 15 MINS

Ingredients

100 g	Quinoa	4-6tbsp	Extra-virgin Olive oil
25g	Chopped coriander		
25g	Chopped Parsley		Juice of one lemon
25g	Chopped Mint		Salt & Pepper
6	Cherry Tomatoes (halved)		
1tbsp	Pumpkin Seeds (optional)		
1	Garlic clove, minced		
½	Seeded and cubed cucumber		
4	Chopped scallions		

Instructions

9+ MONTHS:

Rinse the quinoa under running cold water for a couple of minutes until comes through clear.

Rinse your quinoa and drain, then pour water to level 3 in the reservoir and steam it in your **Béaba BabyCook®** until nice and soft.

Transfer to a serving bowl and **let** cool while you **make** the dressing: **Whisk** the oil, lemon a pinch of salt, a few grindings of pepper and the **minced** garlic in a bowl or use a clean jam jar and just give it a good shake. **Pour** the dressing over the cooled quinoa.

Toast the seeds in a dry frying pan over a low heat for a couple of minutes until the seeds pop **Keep** an eye on the pan, as nuts and seeds burn incredibly quickly.

Just before serving, chop the herbs, tomatoes, cucumbers, scallions and toasted seeds in your **Béaba BabyCook®** until you get the right texture for your baby and add to the quinoa.

7+ MONTHS PLUS:

Steam the quinoa in your **Béaba BabyCook®** and process until smooth for 6-9 months old babies. Add a little stock or breast/formula milk to thin it and some puréed veggies to add more nutrients. For older babies process lightly or leave whole (the grains are small and soft once cooked). Process your herbs with a tsp of extra virgin olive oil in your **Béaba BabyCook®** until reduced to a paste like pesto and mix with the quinoa (with or without mashed veggies).



Nutrifacts



Quinoa is a seed rather than a grain. It is high in FIBRE to support a healthy gut and it contains COMPLETE PROTEIN (most plant sources do not) although at lower levels than most beans and pulses. **Quinoa** is GLUTEN-FREE so it is a great carbohydrate alternative to pasta or cous-cous for those with gluten sensitivities.

Garlic is high in an important antioxidant, Vitamin C which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help MODULATE THE IMMUNE SYSTEM.

Tomatoes are high in FIBRE that maintain a healthy digestive system and keeps us fuller for longer, VITAMIN C, an antioxidant that protects our bodies from the damage generated by free-radicals and helps support our immune system, and the carotenoid LUTEIN that gives tomatoes their bright red colour and is an antioxidant that research shows may help maintain eye health and lycopene which helps prevent certain cancers such as prostate.

Onions are high in QUERCETIN, which research shows has anti-inflammatory and antioxidant properties.

Parsley, mint and coriander contain very high levels of VITAMIN A, C AND K to help our blood coagulate. Parsley and mint are also a great source of vegetarian **iron** and calcium to help our bones stay strong.