



Spinach and feta quinoa lunch

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

100g quinoa
cumin
olive oil
handful of crumbled feta cheese
large handful of spinach
half a courgette, diced
spring onion, chopped

Instructions

1. Add quinoa to pan of water and gently bring to the boil.
2. Turn down the heat, cover with a lid and leave for about 15-20 minutes until cooked.
3. Rip up the spinach, or if you like it wilted, quickly fry them in a little oil.
4. Toss together the rest of the ingredients and mix in with the cooked quinoa.