

# Saffron Quinoa Pilaf

Sarah Roberts

**Why I Make This:** Quinoa is a complete protein, meaning it contains all 9 amino acids, so we can enjoy quinoa as a vegetarian meal and yet still get all the nutrition we need. Studies show saffron increases the neurotransmitter serotonin. Enjoy this healthy, happy dish!

## INGREDIENTS

- 2 cups quinoa, rinsed VERY well and drained
- 4 cups vegetable stock, chicken stock or water
- ½ teaspoon Himalayan salt
- 1 Tablespoon coconut oil
- ¼ teaspoon saffron threads
- 1 medium cooking onion, diced
- 2 medium carrots, diced
- 1 head of broccoli, broken into florets or 8-10 stalks of broccolini
- 2 cloves garlic, minced
- 2 stalks celery, peeled and diced
- Juice and zest of one medium lemon
- ¼ cup chopped parsley (flat leaf or curly)
- ¼ cup thinly sliced green onion
- Himalayan salt and cracked black pepper, optional.

## INSTRUCTIONS

1. In a medium pot, add the water or stock, salt, and saffron threads over high heat. Bring to a boil.
2. Add the quinoa, cover, reduce the heat to low, and simmer until all liquid is absorbed, approximately 15 minutes. Allow to sit for 5 minutes longer and fluff with a fork.
3. While the quinoa is cooking, heat the coconut oil in a large pot. Add onion, garlic, celery, carrots, and cook until beginning to brown, about 5 minutes.
4. Add broccoli/broccolini and allow to cook for 2-3 minutes.
5. Add lemon, lemon zest, green onions and chopped parsley. Stir.

6. Add the cooked quinoa to the large pot and combine all ingredients. Season with salt and pepper, if desired.
7. Serve alone as a delicious vegetarian meal or else with fish, chicken or beef. Enjoy!