



Pumpkin Quinoa Bowl

🕒 30—40 Min ❤️ ❤️ ❤️

Preparation

- 1 Finely dice the pumpkin and onion and fry in a pan with some olive oil. Season with some Kotányi Salt, pepper and 1/2 tsp. of organic garlic granules and mix well.
- 2 Toward the end, add 2 handfuls of baby spinach and mix.
- 3 Cook the quinoa according to the instructions on the packaging.
- 4 Remove the seeds from the pomegranate and thinly slice the feta.
- 5 Mix the quinoa with the pumpkin and other vegetables and garnish with the pomegranate seeds and feta.

Ingredients 4 Portions

🔹 = Kotányi Produkte

250 g	Quinoa
0.5 piece	Red kuri pumpkin
1 piece	Pomegranate
1 piece	Onion
1 pkg.	Feta
1	Baby spinach, handful
0.5 tsp.	🔹 Garlic Granules
1 pinch	🔹 Sea Salt, Coarse
1 pinch	🔹 Pepper Black, Ground

