

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