



# 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 |

