

Mixed Quinoa and Pistachio Pilaf

Recipe By *Faigy Grossman*



Cooking and Prep:  45
m

Serves:  4

Contains: 

Preference: Meat

Difficulty: Easy

Occasion: Shabbat, Passover

Diet: Low Carb, Gluten Free

Source: Family Table by

Mishpacha Magazine

This side packs a lot of flavor. When I tested it out, I was delighted to discover a great-tasting side that is pretty and presentable for the Yom Tov table.

Ingredients (9)

Main ingredients

- 1 tablespoon oil
- 1 small onion, diced
- 1 cup mixed quinoa (red and white), prerinsed
- 2 cups **Empire Chicken Broth** or other chicken soup, or 2 cups water and 1 and 1/2 teaspoons consomme or onion soup mix (without MSG)

- 1/4 teaspoon salt, or to taste
 - black pepper, to taste
 - 2 tablespoons chopped fresh parsley
 - 1 and 1/2 tablespoons chopped fresh mint (*optional*)
 - 1/4 cup chopped, toasted pistachio nuts
-

Start Cooking

Prepare Quinoa

1. Heat oil in a medium saucepan over medium heat. Add onion and sauté, stirring occasionally, until soft, about five minutes.
2. Add quinoa and cook, stirring frequently, until quinoa starts to toast and smell nutty, about five minutes. Add chicken soup or water and soup mix and bring to a boil. Reduce heat to low.
3. Cover and simmer gently until quinoa is tender, about 20–25 minutes (15 minutes if using only white quinoa).
4. Remove pan from heat, add spices, and fluff quinoa with a fork. Cover; let stand for five minutes.
5. Fold parsley, mint if using, and pistachio nuts into quinoa, and season with additional salt and pepper, to taste.