THE LIGHTER PLATE METHOD

Coconut & Cardamom Quinoa Porridge

Fragrant cardamom and coconut turn quinoa into a fluffy, faintly sweet porridge.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
3 min	**17 min**	**20 min**	**2**	**EASY**

Ingredients

- 100 g quinoa (rinsed)
- 400 ml coconut milk drink
- 0.5 tsp ground cardamom
- 1 banana (sliced)
- 15 g toasted coconut flakes
- 2 tsp honey

Method

1. Put the quinoa, coconut milk drink, cardamom and a pinch of salt in a saucepan.
2. Bring to a simmer, then turn the heat low, cover and cook for 15 minutes, stirring occasionally.
3. Check the grains have burst and uncurled their little tails; if it looks dry, add a splash more liquid and give it 2 minutes more.
4. Spoon into bowls and top with banana, coconut flakes and honey.

Tips & swaps

- Rinse the quinoa well before cooking or it can taste faintly bitter. This reheats beautifully, so cook double and keep half for the next morning.

Storage & reheating

Keeps in the fridge for 3 days; reheat with a splash of milk.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
340	**8g**	**40g**	**17g**	**5g**

Estimated values, for guidance only.