Ingredients

1 tb extra virgin olive oil
1 red onion, diced
2 cloves garlic, peeled and finely chopped
1 celery stick, chopped
1 red capsicum, diced
1 zucchini, diced
1 baby eggplant, diced
1 ear of corn, kernels cut off with a small sharp knife
1 cup quinoa
2 cups chicken stock (or use vegetable stock for vegetarian dish)
Handful fresh flat leaf parsley, coarse stalks removed & leaves roughly chopped
Handful of fresh mint, leaves picked
Black pepper

Method

Select the Quick Cook Function and with the lid open heat the oil in the pan. Once hot add the onion and sauté for a couple of minutes. Add the other veggies and continue to sauté for 5-6 minutes until softened.

Wash the quinoa well in a sieve under the running cold water tap. Add to the pan along with the stock. Close the lid and select the Quinoa program from the menu.

When there is 5 minutes left on the timer open the lid, add the chickpeas, stir to combine and close the lid to finish cooking.

Once cooked stir through the fresh herbs and a good grind of fresh black pepper. Serve as a vegetarian main dish or as an accompaniment to grilled meat or fish.