

# Shrimp with Red Quinoa

*This is a very simple and easy recipe with red quinoa and vegetables topped with saute shrimp. The combination of nutty quinoa and shrimp is just amazing.*



This is a very simple recipe packed with protein...delicious nutty quinoa loaded with veggies, topped with a gingery, lemony shrimp. It is gluten free and very healthy!

I used frozen ginger and frozen lemon...I just find it very easy

to store and use. Just grate the frozen ginger or lemon (whole) using a microplane grater/zester on the shrimp...it is clean and totally trouble free. No need to use any chopping board...

Oh! Apparently there is no difference between the red and the white quinoa in terms of nutritional values...but you might need to cook the red one a little longer than the white one and it seems a little more crunchy than the white one. So be my guest and use whatever color of quinoa you wish...white, red or black.

***Ingredients:***

- $\frac{1}{2}$  cup red quinoa
  - 1 tablespoon butter
  - $\frac{1}{2}$  tablespoon chicken bouillon, skip if using chicken broth
  - 1 cup water or substitute with chicken broth
  - 1 cup frozen vegetables of your choice
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- $\frac{1}{2}$  lb shrimp, shell removed and deveined
  - 1 teaspoon freshly grated ginger
  - 1 teaspoon grated lemon (frozen lemon)
  - Salt and pepper to taste
  - 1 tablespoon olive oil
  - Cilantro to taste, chopped



### **Method:**

Rinse the quinoa and set aside. In a small bowl place the shrimp, ginger, lemon zest, salt and pepper. Mix gently and place in the refrigerator while preparing the quinoa.

Boil the frozen vegetable according to the instruction in the package, make sure to not overcook it. Drain well and set aside.

Place the water with chicken bouillon in a medium pan with butter (skip the chicken bouillon if using chicken broth). Add the quinoa and bring to boil. Reduce the heat to simmer. Cover and cook until all the water is absorbed, it takes approximately 15 minutes.

Add the vegetables to the cooked quinoa and mix.

In a fry pan, medium to high heat add the olive oil wait until smoking Add the shrimps in a single layer and cook until all

the edges turn pink. Flip each shrimp, making sure that they turn pink. Once cooked toss the chopped cilantro and remove the pan from the heat.

Place the quinoa with vegetables in a bowl and top with the shrimp...serve hot...enjoy!





## RED QUINOA with Ginger Lemon Shrimp

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If you enjoy this simple recipe using quinoa, you might want to check Steel Cut Oatmeal with Quinoa (for breakfast), Citrus Kale Salad with Quinoa (for lunch) and Meatloaf with Quinoa (for dinner).

### Curiosity Corner

Did you know that quinoa has a higher content in fat as compared to the other cereal grasses? These fats are monounsaturated fat and small amounts of omega-3 fatty acid, which are heart friendly fats.

Moreover, quinoa contains all nine essential amino acids needed in your diet and is high in fiber as well.

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a colorful week!***