

ETHIOPIAN KALE ON QUINOA : With Berbere Spices

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INGREDIENTS: Berbere Spice Mix

- 1 Tbsp paprika
- 1/2 Tbsp onion salt
- 2 tsp ground red pepper
- 1/2 tsp garlic powder
- 1/2 tsp dried basil
- 1/4 tsp ground ginger
- 1/8 tsp ground black pepper
- pinch each: ground cloves, cinnamon, cardamom, nutmeg, allspice, cumin, and turmeric

Blend the spices and store in a jar.

INGREDIENTS:

- 1 cup Quinoa
- 2 cups water
- 1 in fresh ginger, peeled and divided
- 2 Tbsp olive oil
- 1 large carrot, quartered lengthwise and sliced into chunks
- 1/2 Tbsp Berbere spice mix
- 1 bunch Ethiopian Kale, stemmed and leaves torn

PREPARATION:

- Combine Quinoa and water, grate in half the ginger
- Bring to a boil, reduce heat and simmer 15 minutes. Drain.

While the Quinoa cooks:

- Heat the oil in a large skillet over medium heat.
- Add carrots, the peppers, and grate in the other half of ginger.
- Toss, cover and allow to cook, stirring occasionally 10-15 minutes until the carrot is soft and starting to brown.
- Uncover and incorporate the Berbere mix.
- Add the kale and stir constantly until Kale is coated with spices and wilted down, about 3-4 minutes.

Plate the Quinoa and top with the Kale mixture.