

## Nutritious & Delicious Hot Pot Recipes



### Hot Quinoa Pots – Supergrain Tofu (450g)

#### Ingredients (serves 1)

75g Seared Tofu  
100g Quinoa (pre-cooked - weight after cooking)  
50g Red Onion (sliced)  
50g Red Pepper (sliced)  
50g Yellow Pepper (sliced)  
100g Wild Rice (pre-cooked weight)  
½ Chilli (deseeded)  
5g Coriander (chopped)  
3 tsp Olive Oil  
Salt  
Pepper

#### Method

1. Marinate the tofu in the chill and a little oil for a few hours.
2. Season and sear in a **dry** hot pan until brown on all sides. Reserve.
3. Lightly sweat the onions and peppers retaining some crunch.
4. Heat the quinoa and rice.
5. Lightly mix with the coriander, tofu, olive oil and season.
6. Place in the pot.

#### Key Nutrients

Nutrient	Per 100g	% RNI	Per 450g Serving	% RNI	
Energy kJ	361	4%	1621	19%	
Energy kcal	86	4%	387	19%	
Fat	3.2g	4%	14.4g	20%	Med
Saturates	0.4g	2%	2.0g	10%	Low
Total Sugars	2.2g	2%	9.8g	12%	Low
Salt	0.30g	5%	1.10g	18%	Low
Protein	3.6g	-	16.3g	-	-

Reference Intake of an Average Adult (8400kJ/2000kcal)

**Allergen Info: Soy**