



Heaven and Earth Quinoa

Ingredients:

1 cup water
4 teaspoons Leaf & Ardor Heaven & Earth tea
2 tablespoons olive oil
1 large shallot, sliced finely
1 tablespoon fresh ginger root, peeled and minced
½ cup red quinoa, rinsed and drained
5 dried apricots, diced
¼ cup unsalted pistachios, coarsely chopped
2 scallions (green portion), very thinly sliced
Salt and pepper, to taste

Directions:

Heat water to approximately 200° (slightly below boiling). Steep tea in hot water for 5 - 6 minutes (tea should steep to a chestnut brown color). Add olive oil and sliced shallots to medium saucepan, and sauté shallots over medium-low heat until slightly caramelized/tan in color. Add 3/4 of the minced ginger and sauté for an additional minute. Add quinoa to sauté mixture, mix in well and immediately add the tea liquid. Bring mixture to a boil. Reduce heat to low. Simmer 15 minutes or until water is evaporated. Remove from heat and stir in pistachios and apricots. Place in serving dish. Sprinkle on top all of the sliced scallions and remaining minced ginger. Add salt and pepper to taste.

