



## Quinoa with Paneer, Zucchini and Green Beans

This quinoa with zucchini and green beans is a simple Ayurvedic summer recipe that supports balanced digestion and steady energy.

**Servings: 2**

**Preparation Time: 30 minutes**

### Ingredients

- 1/2 cup **quinoa**, rinsed
- 1 cup water
- 1 tsp **olive oil** or **ghee** (make your own **ghee**)
- 1/2-1 tsp of **Himalayan pink salt** to taste
- 1 cup of paneer\* (Indian soft cheese), chopped
- 1 small zucchini, cut in half and sliced
- 1-2 cups green beans, cut into 1/2 inch pieces
- 2-3 **dates**, pitted and chopped
- 1/2-1 tsp **fennel seeds**
- 1/2-1 tsp **coriander seeds**



### Instructions

- Bring the water to a boil in a medium saucepan.
- Add rinsed quinoa, olive oil (or ghee), and salt.
- This will cook for 15 minutes on a simmer, then cover it, and let it rest for 5 minutes.
- Meanwhile, in a separate skillet, heat the ghee over medium heat, then add the fennel and coriander and cook for one minute, until the aroma is noticeable.

## Quinoa with Paneer, Zucchini and Green Beans (Cont.)



### Instructions (Cont.)

- Add the paneer and salt, then lightly brown on low heat.
- Stir in the zucchini and green beans, cooking until they are soft, about 10 minutes.
- Just before the vegetables are finished cooking, add the chopped dates.
- Make sure the quinoa is cooked, and stir with a fork to separate the grains.
- Place the quinoa in bowls and cover the paneer and vegetable mixture.
- If you need some sour taste to feel complete, add a squeeze of lime.
- It can also be garnished with cilantro, if you like.

\*If you can't find paneer at a local Indian grocery store, you can either make your own. Alternatively, goat cheese can be used as a substitute, but avoid cooking it. Add it on top of the quinoa in the bowls before serving.

While cooling, this is excellent for all types during the hot summer months. If digestion is slow or irregular, add a little more ginger.

*Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.*

*With love + wishes  
for balanced Agni,  
Belinda*

