

Recipe Name	Veggie Kabsa
Servings	8
Cook Time	
Calories	Cedric Kelly

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Ingredients

130 g Diced Potato	130 grams
224 g Chopped Carrots	224 grams
Mix of nuts:	1 gram
47 g Butter	47 grams
218 g Broccoli	218 grams
50 g MAGGI® Vegetable Bouillon (30 gm for boiling water) + (20 gm while cooking)	50 grams
1 g Salt	1 gram
42 g Cashew Nuts	42 grams
163 g Dried Blueberries	163 grams
208 g Brussels Sprouts	208 grams
86 g Pine Nut	86 grams
1.5 L Water	1.5 kilograms
11 g Almond	11 grams
1 g Black Pepper	1 gram
1 g White Pepper	1 gram
276 g Peas	276 grams
500 g Quinoa	500 grams

Directions

Step 1 Cooking	Boil 500 gms of quinoa to 1.5 liter water mix Maggi vegetable stock.
Step 2 Cooking	Heat pan with butter, add carrots, potatoes, broccoli, Brussels sprouts, Maggi vegetable stock, salt and black pepper.
Step 3 Cooking	Garnish the quinoa with mixed vegetables and top it with mixed roasted nuts.

Nutrition Info Per Serving

Saturated Fats 4 gm

Sodium 47 mg

Added Sugar 2 Tbsp

Fiber 12 gm

Fats 20 gm

Protein 16 gm

Carbohydrates 75 gm

Energy 520 kcal