

Instant Pot Quinoa



Fast & Easy way to cook Fluffy & Tasty Instant Pot Quinoa! Deliciously rich & nutty Supergrain with a slight bite. A simple healthy side dish, salad topping or substitute for rice.

Course	Breakfast, Brunch, Dinner, Lunch, Side Dish
Cuisine	South American
Keyword	how to cook quinoa, instant pot quinoa, instant pot recipes, instant pot rice, instapot quinoa, pressure cooker quinoa, pressure cooker recipes, quinoa recipes, vegan instant pot recipes
Prep Time	1 minute
Cook Time	16 minutes
Total Time	17 minutes
Servings	4
Calories	196kcal
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Ingredients

- 1 cup (190g) quinoa
- 1 cup (250ml) unsalted chicken stock or cold water
- ¼ teaspoon fine salt
- 1 tablespoon (15ml) olive oil

Instructions

1. **Rinse Quinoa:** Most packaged quinoa has been pre-rinsed to remove the saponin to reduce the bitterness. If necessary, give it a quick rinse with cold water, and drain really well.
2. **Toast Quinoa (Optional Step):** Press the Saute button on Instant Pot, then wait 1 minute. Pour in 1 tbsp (15ml) olive oil, then add in the quinoa. Toast the quinoa until fragrant (~2 - 3 mins).
3. **Pressure Cook Quinoa:** Add in ¼ tsp fine salt + 1 cup (250ml) unsalted chicken stock or cold water. Use a wooden spoon to scrub the bottom to make sure no quinoa is stuck to the bottom. Close lid and pressure cook:

Pressure Cooking Method:

-**Toasted Quinoa:** High Pressure 0 minute, then 10 minutes Natural Release

-**Non-Toasted Quinoa:** High Pressure 0 minute, then 12 minutes Natural Release

Release the remaining pressure after the natural release time.

4. **Serve Quinoa:** Fluff quinoa & serve. You can use quinoa as a side dish, toss into your salads or soups. Enjoy~

Notes

Rate the Recipe: If you've tried the recipe, don't forget to Rate the Recipe in the Comments Section.
Thank you! ☐

Nutrition

Calories: 196kcal | Carbohydrates: 27g | Protein: 7g | Fat: 6g | Sodium: 165mg | Potassium: 290mg | Fiber:
2g | Calcium: 2% | Iron: 11.5%