

QUINOA

EQUIPMENT

FINE MESH COLANDER, SPOON.

INGREDIENTS

150GM ORGANIC QUINOA, 200GM WATER, SALT, OLIVE OIL

METHOD

PLACE QUINOA IN A FINE MESH COLANDER AND WASH WELL UNTIL THE WATER RUNS CLEAR

PLACE INTO A SHALLOW BAKING TRAY AND POUR OVER WATER, COVER TIGHTLY WITH ALFOIL

PLACE IN OVEN ON STEAM SETTING 100 DEGREES FOR 10MINS

REMOVE AND LET STAND FOR 3-4 MINS

REMOVE FOIL, SEASON WITH SALT AND OLIVE OIL

HINTS & TIPS

- IF YOU HAVE EXCESS LIQUID AFTER COOKING DON'T PANIC STRAIN IT OFF AND THEN SEASON WITH SALT AND OIL.

- USE THIS AS A BASE FOR A DIFFERENT 'TRENDY' VERSION OF TABOULEH