

WHAT IS QUINOA?

Quinoa has enjoyed renewed popularity in the past few years and it is common to see recipes featuring it and praising its health benefits.

Quinoa is named a pseudo grain because, although it acts like a grain, it is actually a seed. It is gluten free and very high in nutrients.

Quinoa is high in protein which is what makes it so popular in vegetarian diets. It also contains great levels of iron and fibre which are nutrients our bodies need to function well.

Quinoa comes in many different varieties - you can buy black, white or red quinoa and it also comes dried and rolled into flakes, a bit like rolled oats.

WHAT CAN IT BE USED FOR

Quinoa has a nutty taste and can be used in sweet or savoury dishes.

Once cooked, quinoa can be added to salads (like adding cous cous) or stews and curries (in place of rice).

The quinoa flakes can be used in a similar way to oats. You can add them to biscuits, cook them slowly to make a quinoa porridge, coat chicken in them to make a tasty crumb or add them to meatballs for a gluten free replacement for bread crumbs.

Quinoa flour can also be used in gluten free baking.

HOW TO COOK QUINOA

It is important to rinse quinoa really well under running cold water before cooking it. This helps to reduce bitterness.

To cook quinoa, simply combine 1 cup of quinoa with 2 cups of water in a medium sized saucepan and bring to a boil. Reduce heat and simmer for 15-20 minutes, until the liquid has evaporated and the quinoa is light and fluffy. Cooking quinoa in bone broth or stock can add extra flavour and nutrition to savoury dishes.

You can then use the quinoa warm or cold.

Quinoa can be stored in the fridge for up to four days.

SPOTLIGHT ON QUINOA

TRY THESE RECIPES:

This quinoa and smoked trout salad is a quick and simple to make, perfect for lunch on hot days.

A wonderful family meal, my one pot tuna, quinoa and veggies is simple to make and budget friendly.

This warming spiced quinoa porridge is nourishing and delicious. A lovely gluten free winter breakfast recipe.

For more information on the nutritional benefits of quinoa, you can read this article.