

## 4 DELICIOUS QUINOA RECIPES

### Berry Nice Breakfast Pots

Serves: 6 – 8 baked pots

#### Ingredients

For the Cooked Quinoa:

½ cup Quinoa  
1 cups water  
¼ tsp salt

For the Baked Quinoa Pots:

1 s½ cups cooked quinoa, cooled  
1 ½ cups instant oats  
1 tsp baking powder  
1 tsp Robertson's ground cinnamon  
1 cup yoghurt  
1 cup milk, of choice  
3 eggs  
1 tsp vanilla essence  
1/3 cup honey  
1 cup mixed berries  
Pinch of salt

Serving suggestion:

Yogurt  
Fresh blueberries  
Honey

#### Method

For the Cooked Quinoa

1. Rinse the quinoa under cold, running water and set aside.
2. Add the water and salt to a medium saucepan and bring to a simmer.
3. Add the rinsed quinoa.
4. Cover and allow to simmer for about 15 minutes until the liquid has been absorbed.

5. Remove from the heat and allow to sit, covered for an extra 5-10 minutes before fluffing with a fork.

For the Baked Quinoa Pots

1. Preheat the oven to 180°C and grease 6 – 8 mini baking casseroles.
2. Mix together the cooked quinoa, oats, baking powder, cinnamon and salt.
3. Whisk together the yoghurt, milk, eggs, vanilla essence and honey.
4. Combine the wet and the dry mixtures and gently fold in the berries.
5. Spoon the mixture into the greased mini casseroles (until  $\frac{3}{4}$  full.)
6. Bake for 25-30 minutes.
7. Serve each baked quinoa pot topped with a dollop of yogurt, fresh berries and a drizzle of honey. ENJOY!!

### **Tuna Quinoa Fish Cakes**

Servings: 4-6 fishcakes

#### **Ingredients**

For the Quinoa:

$\frac{1}{2}$  cup quinoa  
2  $\frac{1}{2}$  cups water  
1 Knorr Vegetable Stock Pot  
Salt & pepper, to taste

For the Tuna Quinoa Fish Cakes:

1  $\frac{1}{2}$  cups cooked Quinoa  
2 tins tuna chunks in brine, drained  
1- 2 eggs, start with one and if it needs more, add to mixture.  
Zest of 1 small lemon  
1 tbsp chopped parsley  
4 spring onions, chopped  
Salt & pepper, to taste  
 $\frac{1}{3}$  cup oil, for frying

Serving suggestion:

Leafy side salad

Yogurt dip  
Lemon slices

### **Method**

For the Quinoa:

1. Rinse the quinoa under cold, running water and set aside.
2. Add the water and the stock pot to a medium saucepan and bring to a simmer.
3. Add the rinsed quinoa.
4. Cover and allow to simmer for about 15 minutes until the liquid has been absorbed.
5. Remove from the heat and allow to sit, covered for an extra 5-10 minutes before fluffing with a fork.

For the Tuna-Quinoa Fish Cakes:

1. Add tuna to a large bowl and flake with a fork.
2. Mix in 2 beaten eggs, chopped spring onion, chopped parsley, lemon zest – using hands to combine.
3. Add quinoa and salt & pepper to taste.
4. Heat oil in a pan over medium to medium high heat.
5. Form the mixture into 8 patties.
6. Working in batches, fry the patties on one side until golden brown. Flip and repeat.
7. Serve with a simple side salad, lemon wedges and a herbed yogurt dip.

### **Dark Chocolate Power Balls**

Serves: 10-12 balls

### **Ingredients**

For the Cooked Quinoa:

½ cup Quinoa  
1 cups water  
Salt, to taste

For the Chocolate Quinoa Balls:

1 ½ cups cooked quinoa, cooled  
½ cup instant cooking oats  
¼ cup honey  
½ cup toasted almonds, roughly chopped  
¼ cup cocoa powder  
1 cup peanut butter  
1 tsp vanilla essence  
1 tsp Robertson's ground cinnamon  
1/8 – ¼ tsp salt  
1 cup melted dark chocolate  
Salt flakes, for the garnish

### **Method**

For the Cooked Quinoa:

1. Rinse the quinoa under cold, running water and set aside.
2. Add the water and salt to a medium saucepan and bring to a simmer.
3. Add the rinsed quinoa.
4. Cover and allow to simmer for about 15 minutes until the liquid has been absorbed.
5. Remove from the heat and allow to sit, covered for an extra 5-10 minutes before fluffing with a fork.

For the Chocolate Quinoa Balls:

1. Add all ingredients (except melted chocolate and salt flakes) to a bowl. Stir until everything is evenly distributed. Refrigerate for 30 minutes.
2. Using your hands, roll the mixture into equal sized small balls and refrigerate for 20-30 min or until firm.
3. Dip these balls in the dark chocolate, using a fork and sprinkle with a couple of salt flakes.
4. Refrigerate to set and ENJOY!

### **One Pot Beef & Quinoa Stew**

Serves: 4-6

### **Ingredients**

For the One Pot Beef & Quinoa Stew:

2 - 3 tbsp oil, of choice  
800 g - 1 kg beef chunks  
2 onions, roughly chopped  
4 carrots, diced  
1 - 2 leeks, diced  
6 cloves garlic, crushed  
2 tbsp tomato paste  
3 cups water  
1 Knorr, Homestyle Beef stock pot  
1 cup red wine \*optional  
4 potatoes, peeled & cut into large chunks  
2 tbsp Knorr Brown Onion Soup  
½-1 quinoa, rinsed and drained  
1 cup frozen peas

Serving suggestion:

Herb buttered Bruschetta

### **Method**

1. Preheat the oven to 160°C.
2. Heat an oven-safe casserole dish (with a lid) on the stove top until hot.
3. Add 1 tablespoon of the oil and when warm, fry the beef in batches until caramelized on the outside. This can be done in two batches. Allow to rest on a plate when done.
4. Reduce the heat to a medium and add the rest of the oil along with the onions, carrot and leeks. Cook for 7 – 8 minutes until softened.
5. Add the garlic and tomato paste to the vegetables and cook, 30 seconds.
6. Return the seared meat to the pan. Add water, the stock pot, red wine, potatoes & Worcestershire sauce.
7. Bring to the boil, cover and allow to simmer gently for 1 ½ - 2 hours, stirring every half hour.
8. When the meat is soft, add the rinsed quinoa & Knorr brown onion soup to the pot and stir well (to distribute evenly.) Ensure there is still enough liquid otherwise add another cup of stock or water.

9. Allow to cook another 20-30 minutes until the quinoa is tender.

10. In the last 5 minutes of cooking, add the peas.

11. Remove from the heat.

12. Garnish with chopped parsley, serve with herb buttered bruschetta's and ENJOY!!

Chef's tip: If you would prefer not to cook with wine, replace with more stock.