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Yummy Quinoa

Ingredients

2-2 1/2 cups of cooked Quinoa (I use a combo of white, black and red for colour)
Half a medium red, yellow and orange pepper diced
2 cloves of garlic crushed
1/2 med. red onion diced
1 can of black beans (rinsed)
1 ripe mango chopped
Heaping tablespoon of Pataks Curry Paste
Salt and Pepper to taste
Enough good olive oil to coat the quinoa and mix the curry paste in

Preparation

- 1 Add the rest of the ingredients and set covered in the fridge overnight.
- 2 Add the chopped mango just before serving.

Cooks Note

This is a yummy way to use Quinoa (pronounced KEENWA) which is an ancient grain from Peru and the only grain which is a complete protein as well...
