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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...