

# HOW TO COOK QUINOA

## INGREDIENTS (SERVES 2-3)

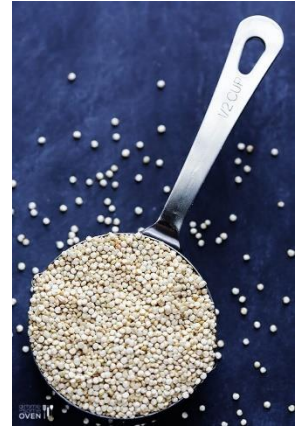
- 1 cup of quinoa to 1 ½ cups of chicken, beef, or vegetable stock
  - you can use water if you wish but using stock imparts more flavor!

Optional add ins for flavor:

- One smashed garlic clove, peeled
- One whole bay leaf
- 1 teaspoon kosher salt

## METHOD

1. **Measure** your quinoa. I normally use 1 cup of quinoa to 1 ½ cups of water. My advice is to make more so that you can enjoy it the next day and create an awesome high-protein salad for lunch.
2. **Wash** the quinoa under cold water in a fine strainer, gently rubbing the seeds together with your hands to ensure that any saponins have been removed. Saponins are just a natural insecticide that forms naturally to protect the seed and can give the quinoa a slight bitter taste if not removed. It should be noted that harvesting methods used in the commercial cultivation remove much of the saponins that can coat quinoa seeds, but it's still a good idea to thoroughly wash the seeds to remove any remaining residue.
3. **Combine** 1 cup of washed quinoa to 1 1/2 cups water and place them both into a pot.
4. **Add** a very small pinch of sea salt and bring to the boil. Reduce the heat to very low and place on a lid.
5. **Simmer** quinoa over a low heat for 15 minutes or until all the water has absorbed then turn off the heat.
6. **Rest** the quinoa for 10 minutes and fluff up the quinoa with a fork before serving.



**JOT DOWN YOUR QUINOA BOWL IDEAS!**

**Get creative <3**