



INSTRUCTION CARD - COOKING QUINOA

(SERVES 4)

INGREDIENTS:

- 1 cup quinoa
- 2 cups water

UTENSILS:

- Measuring cup
- Fine mesh sieve
- Saucepan with lid
- Fork

METHOD:

1. Pour quinoa into a fine mesh sieve and rinse under cold running water for at least 30 seconds and drain well.
2. Place rinsed quinoa and 2 cups water into a saucepan and bring to boil over a medium to high heat.
3. Decrease the heat and maintain a gentle simmer (small bubbles will be gently floating up from the bottom, causing small ripples on the surface) until quinoa has absorbed all of the water. This will take approximately 15 to 20 minutes.
4. Remove saucepan from heat and cover with lid for 5 minutes.
5. Remove the lid and fluff the quinoa with a fork. Serve as desired.



Scan for more cooking tools and tips
[FOODBANK.ORG.AU/COOKING-TOOLS-AND-TIPS](https://www.foodbank.org.au/cooking-tools-and-tips)