



Coconut Quinoa

INGREDIENTS

- 1 cup- Quinoa
- 1 1/4 - water
- 1/4 - creamed Coconut block
- 1 tsp- butter
- 1stp salt

Prep Time : 5mins

Cook Time : 15mins

Servings : 3-4

METHOD

- 1) Place quinoa in a sieve and wash thoroughly, then transfer to a medium pot. Quinoa will expand to its nearly double from its uncooked weight so bare this in mind.
- 2) Pour water into the pot an add creamed coconut block, butter and salt.
- 3) Bring to a boil on a high heat, then immediately reduce to a low heat and cover.
- 4) After 15minutes check the quinoa, it should be golden, light and fluffy.

Can be eaten hot with other dishes or served cold in salads.

