



# Quinoa

“Keen-wah”




Each 100g of cooked quinoa contains:

Calories 120Kcal	Sugar 0g	Fat 2g	Saturates 0g	Salt 0.02g
6%	0%	2.86%	0%	0.33%



of an adult's guideline amount

Quinoa pronounced as “keen-wah” is a tiny bead shaped seed. Lamb Brand Quinoa is available in white and red variants, it can be served just like rice, barley or couscous. This protein-packed seed contains every amino acid, and is particularly rich in lysine, which promotes healthy tissue growth throughout the body. Quinoa is also a good source of iron, magnesium, vitamin E, potassium, and fibre. The taste and texture of quinoa is a bit like brown rice crossed with oatmeal. It's fluffy, creamy, crunchy and somewhat nutty, all rolled into one. Quinoa makes great breakfasts, lunches, brunches, dinners or desserts. The great thing is, it can be prepared in so many different ways, making it extremely versatile.

Visit [www.lambbrand.eu/recipes](http://www.lambbrand.eu/recipes) for more cooking ideas.



## CRUSTLESS QUINOA QUICHE

 Makes 30cm Quiche Pan  Ready in 100 minutes

**You will need:**

- Lamb Brand White Quinoa** 100g
- Lamb Brand Table Salt** to taste
- Lamb Brand Ground Black Pepper** to taste
- Cherry Tomatoes** 250g, halved
- Vegetable Stock** 240ml
- Greek Yoghurt** 170g
- Spinach** 50g, cut into thin strips
- Parmesan Cheese** 50g, grated
- Eggs** 6
- Mushrooms** 4, thinly sliced
- Garlic Cloves** 2, minced
- Onion** 1, finely chopped
- Oil** for cooking

**All you have to do:**

Preheat the oven to 180°C and grease a quiche pan with butter or oil. Rinse the quinoa, add to a saucepan and then cover with the stock. Bring the stock to the boil and then reduce to a simmer and cook until all of the stock has been absorbed and the quinoa is cooked. While the quinoa is cooking, add some oil to a frying pan and sauté the onions and garlic until soft and fragrant. Add the spinach and mushrooms and stir until the spinach has just wilted. Set aside to cool.

Whisk the eggs with the Greek yoghurt until frothy. Add the spinach mixture, parmesan cheese, cooked quinoa, salt and pepper and mix until well combined. Pour the mixture into the greased quiche pan. Carefully place the cherry tomatoes seed side up all over the top of the quiche and place it in the oven. Cook for approximately 30–45 minutes until golden.

***Tips:** Make it naughty, add some tasty cheese and bacon pieces. This quiche is a great way to introduce quinoa into your or your family's diet, because you don't even notice. Ideal for dinner, brunch or lunch!*



## APPLE & BANANA QUINOA MUFFINS

 Makes 12  Ready in 110 minutes

**You will need:**

- Lamb Brand Medium Oats** 250g
- Lamb Brand White Quinoa** 100g
- Lamb Brand Ground Cinnamon** 1 tsp
- \*Apple Sauce** 120g
- Almond Milk** 120ml
- Honey** 60ml
- Bananas** 4, 3 mashed and 1 sliced
- Apple** 1, peeled and chopped
- Vanilla extract** 1 tsp


**All you have to do:**

Preheat oven to 180°C and lightly grease a muffin tin. Cook the quinoa by bringing 150ml water to a boil, pour in the quinoa and reduce to a simmer until fluffy for about 12 minutes. In a bowl mix the apple sauce, mashed bananas, almond milk, honey and vanilla. In a separate bowl mix the quinoa, oats and cinnamon. Slowly stir the wet into the dry ingredients until fully combined.

Peel, core and chop up an apple and mix the apple chunks into the bowl. Fill each of the muffin cups with the quinoa mixture. Add a banana slice or two to the top of each muffin and bake for 20-25 minutes. Let cool for 5 minutes, then enjoy warm!


**\*For the Apple Sauce:** In a saucepan, combine 4 peeled and chopped apples, 180ml of water, 45g Lamb Brand White Granulated Sugar and ½ tsp Lamb Brand Ground Cinnamon. Cover, and cook over medium heat for 15 to 20 minutes or until apples are soft. Allow to cool, then mash with a fork or potato masher.

***Tips:** Store in an airtight container in the fridge. You can also add some crushed pecans or walnuts to these lovely muffins. Make a batch and eat them all week for breakfast or as a post-workout snack. They're definitely best warm, but can also be eaten cold on the go.*



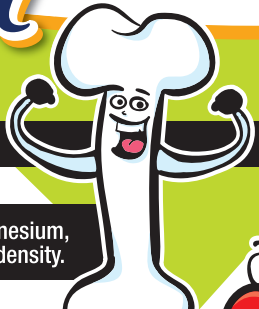
# Quinoa

*the super food*





Pronounced as “Keen-wah”.

Good source of calcium, manganese, magnesium, copper and lysine. All help increase bone density.




High in Riboflavin (B2), which helps improve energy metabolism and help create proper energy production.

Naturally gluten free, making it an excellent food for celiac patients or other people following a gluten free diet.

High in fibre for easy digestion.



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## QUINOA-VEGGIE PATTIES

Makes 13 - Approx 6cm diameter

 Ready in 80 minutes

### You will need:

**Lamb Brand Red Quinoa** 100g  
**Lamb Brand Wholemeal Flour** 2 tbsp  
**Lamb Brand Table Salt** ½ tsp  
**Lamb Brand Ground Black Pepper** to taste  
**Carrots** 140g, shredded  
**Parmesan Cheese** 50g, grated  
**Mozzarella Cheese** 50g, grated  
**Green Onion Stalks** 2, sliced  
**Garlic Cloves** 2, minced  
**Eggs** 2, well beaten  
**Parsley** handful chopped  
**Oil or Cooking Spray** for greasing

### All you have to do:

Preheat the oven to 180°C. Cook the quinoa by bringing 240ml of water to a boil, pour in the red quinoa, and cook for about 12 minutes or until fluffy.

Grease a mini-muffin tin with oil or cooking spray and set aside. Mix the quinoa, carrots, green onion, garlic, parsley and cheeses together until well blended. Stir in the beaten eggs, mixing well.

In a separate bowl, combine the remaining dry ingredients with a whisk. Then stir the dry ingredients into the quinoa mixture and mix well. Use a tablespoon to scoop the mixture into the prepared muffin tin. Cover tin with foil and bake for 15-20 minutes.

**Tips:** These lovely quinoa patties are the perfect size for little fingers and ideal as a snack to eat over your work desk when you want to munch that little something. Make them a little smaller and serve them during a party accompanied with a lovely cheesy sauce!



## QUINOA SALAD WITH CAULIFLOWER



serves 4



approx 60 minutes

### You will need:

**Lamb Brand Red Quinoa** 100g  
**Lamb Brand Walnuts** 60g, chopped and toasted  
**Lamb Brand Ground Cumin** ½ tsp  
**Lamb Brand Ground Black Pepper** to taste  
**Lamb Brand Table Salt** to taste  
**Cauliflower** 400g, coarsely grated  
**Kalamata Olives** 100g, roughly chopped  
**Olive Oil** 80ml  
**Parsley** 50g, finely chopped  
**Lemon Juice** 2 tbsp  
**Lemon Zest** 1

### All you have to do:

Bring a pot of water to a boil. Add quinoa and simmer until fully cooked for about 15 minutes. Season with salt and pepper.

Drain and return quinoa to pot. Cover with a lid and let it sit for 5 additional minutes. Fluff with a fork and transfer to a large bowl or sheet pan to cool.

Combine cooled quinoa and the remaining ingredients in a large bowl. Season with salt, pepper and more lemon juice if desired. Transfer to a large serving bowl or platter, and scatter parsley leaves over. Serve and enjoy!

**Tips:** This lovely salad is ideal for lunch or as a side to any dish. Easy to prepare and can be served cold or at room temperature.