



# PRE-COOKED PHISARA QUINOA

## PREPARATION OF PRE-COOKED QUINOA.

Fill a cooking pot with 4 cups (1 liter) of water, add salt to taste, and simmer on medium heat. Add three spoons of cooking oil. When the water boils, pour in slowly or in a thin stream the 500g pre-cooked quinoa, without stirring. Bring to the boil on a high flame, keep for 10 minutes on a strong heat, and then let simmer on a low heat during 15 or 20 more minutes. If needed, add boiling water until thorough cooking

## QUINUA CHAUFA

### INGREDIENTS

- 1/2 kilo quinoa phisara
- 2 fresh eggs
- 2 tablespoons cooking oil
- 6 green onions, entirely chopped in thin slices
- 150 g pork or any other meat
- 1 ground garlic clove
- 3 tablespoons soy sauce (soy)
- 1 teaspoon sesame oil
- Salt to taste

### PREPARATION

- ✓ Dice the meat in small pieces and season it with a tablespoon of soy sauce and the ground garlic clove; allow to sit 15 minutes. Fry the meat until it is golden brown.
- ✓ Heat one tablespoon oil in a pan, crack two eggs and let them drop from high above for them to burst, and then revolve them until they are crumbled.
- ✓ Add the diced meat and the sliced onions, mix well. Add the phisara quinoa, fluffing it for the grains to separate, mix well, add one tablespoon soy sauce and revolve until the color is even. Finally add the sesame oil, combining well. Check if it is salty enough.

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