



Quinoa purée with potatoes



Source: Community of Laguna San Martin (Ecuador)

Ingredients:

1 cup quinoa (200 g)
3 potatoes (300 g)
1½ tbsp milk (330 g)
4 tbsp oil or margarine (60 g)
Salt

Preparation:

- Cook the rinsed quinoa in sufficient water for 30 minutes, until the grain is mushy.
- Boil the potatoes and drain when cooked.
- Mash the potatoes, place them in a saucepan and add the milk, salt, oil or margarine.
- In a bowl, crush the quinoa with a wooden spatula, add to the above mixture and boil for 5 minutes.
- Serve hot with meat or eggs.



Tip:

The potatoes can be prepared in different ways and are a good source of energy.