



# Quinoa and fish stew



**Source:** Wiñay Warmi Association

*“El camino de la quinua”* cookbook, published by the Manuela Ramos Movement (Peru)

Serves: **5**

## Ingredients:

1 cup quinoa  
5 pieces fried fish  
4 tbsp fresh cheese  
1 cup milk  
1 medium onion  
2 large corn cobs  
5 large potatoes  
1 cup green beans  
1 cup squash, chopped  
2 celery stalks  
Garlic  
Cumin  
Pepper  
Coriander

## Preparation:

- Fry the fish in a little oil and seal each piece on both sides.
- Wash and cook the quinoa in water.
- Fry the crushed garlic with the cumin, pepper, onion and celery. Add to the cooked quinoa.
- Add the squash, green beans, sliced corn cobs and potatoes cut into strips.
- When everything is cooked, add the cheese.
- When serving the stew, add the milk and fish.



### Tip:

When buying milk, choose milk that is low in fat to reduce the energy and saturated fat content.