



Quinoa meatballs in sauce



Chef Orfelinda Negrete (Peru)

Serves: 4

Ingredients:

1 lemon
1 onion
1 green chilli
1 cup quinoa
2 tomatoes
½ tbsp garlic, crushed
1 tbsp cheese, grated
2 tbsp raisins
2 tsp parsley, chopped
1 tsp oregano
1 tbsp rosemary
2 tbsp ground beef
1 cup beef stock
7 racachas (white or Peruvian carrot)
Butter
Evaporated milk
Salt
Pepper

Preparation:

- Soak the quinoa from a previous day with the juice of a lemon.
- Wash the quinoa 3 or 4 times before cooking.
- Chop the onion and tomatoes. Grind the chilli.
- Prepare a seasoning with the onion, tomato and chilli and add salt, pepper and garlic.
- In a separate bowl place the quinoa, grated cheese, parsley, oregano, raisins and ground beef. Knead to mix well and form meatballs.
- Pour the beef stock into a pan, add the seasoning and bring to medium heat.
- When the stock is boiling, carefully add the meatballs, one beside the other.
- Lower the heat and cook until ready.
- Accompany with racacha puree.
- To make the puree, cook the racachas until ready and grind. Add butter, evaporated milk to taste, salt and pepper. Mix the ingredients and serve.