Quinoa – basic preparation

Recipe by V-ZUG Ltd.



Preparation	5 Mins
Cooking time	20 Mins
Portions	4
Appliance	CombiSteamer V6000 Grand from 2022

Gluten-free, high in protein and versatile: quinoa is a good base for bowls, nutritious salads or accompaniments to vegetables.

Ingredients

150 g quinoa

300 ml water

¾ tsp salt

Preparation

Rinse the quinoa under cold running water, then drain well. Put the quinoa into an ovenproof dish along with the water and salt, place it on a wire shelf in the cold cooking space and cook at 100 °C for about 20 minutes using the steam mode. Cover the quinoa and leave to swell either in the switched-off cooking space or at room temperature for at least 10 minutes.

Steaming 100 °C for 20 Mins

Accessories

1-litre ovenproof dish

Wire shelf

Additional information

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