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GIVE THE
SCALE A
BREAK & TRY
ADDING
QUEENS QUINOA
TO YOUR
MEAL PLAN.
IT'S SUPER
HEALTHY.





QUINOA UPMA

INGRIDIENTS:

- 1 cup Quinoa
- 1 Onion, chopped
- · 1 Green Chili, chopped
- 1 tsp Mustard Seeds
- 1 tsp Urad Dal
- · 1 tsp Chana Dal
- 8-10 Curry Leaves
- 1 tbsp Oil
- · Salt, to taste
- 2 cups Water
- · Fresh Coriander and Lemon Juice, for garnishing

- 1. Rinse quinoa under cold water thoroughly.
- 2.In a pan, heat oil and add mustard seeds. When they start to pop, add urad dal, chana dal, and curry leaves.
- 3. Once the dals are golden brown, add onions and green chili. Sauté until onions are translucent.
- 4. Add quinoa, salt, and water. Bring it to a boil.
- 5. Lower the heat and simmer, covered, until the quinoa is cooked (about 15 minutes.
- 6. Garnish with fresh coriander and a sprinkle of lemon juice before serving.



QUINOA BIRYANI

INGRIDIENTS:

- 1 cup Quinoa
- 1 cup Mixed Vegetables (carrot, peas, beans), chopped
- . 1 Onion, thinly sliced
- 1 Tomato, finely chopped
- 1/2 cup Yogurt
- 1 tsp Ginger-Garlic Paste
- · 1 thsp Oil
- 1 tsp Cumin Seeds
- 1 tsp Biryani Masala Powder
- Salt, to taste
- 2 cups Water
- Fresh Mint and Coriander Leaves, for garnishing

- 1. Rinse the quinoa well under cold water.
- 2. Heat oil in a pan, add cumin seeds, and let them crackle.
- 3.Add sliced onions and sauté till golden brown.
- 4. Add ginger-garlic paste and sauté till raw smell disappears.
- 5. Add chopped tomatoes and cook till they are soft.
- 6.Add mixed vegetables, biryani masala, salt, and sauté for 2-3 minutes.
- 7. Add yogurt, mix well, and cook for another 2 minutes.
- 8. Add quinoa and water, bring it to a boil, then reduce the heat and cover.
- Cook for around 15 minutes or until the quinoa is cooked and the water is absorbed.
- 10. Garnish with fresh mint and coriander leaves before serving.



SPICY QUINOA SALAD

INGRIDIENTS:

- 1 cup Quinoa
- · 1 Cucumber, chopped
- 1 Carrot, grated
- 1 Tomato, chopped
- · 1 Onion, finely chopped
- 1 Lemon
- 1 tsp Red Chili Powder
- · Salt, to taste
- Fresh Coriander, chopped
- 1 tbsp Olive Oil

- 1. Rinse quinoa thoroughly and cook it in 2 cups of water until water is absorbed and quinoa is tender.
- 2.In a large bowl, combine cucumber, carrot, tomato, and onion.
- 3.Add cooked quinoa to the vegetables.
- 4. Drizzle olive oil, squeeze lemon juice, and add red chili powder and salt.

 Mix well.
- 5. Garnish with fresh coriander and serve.



QUINOA POHA

INGRIDIENTS:

- 1 cup Quinoa
- 1 Onion, chopped
- 1 Potato, diced
- 1 Green Chili, chopped
- 1 tsp Mustard Seeds
- 1 tsp Turmeric Powder
- · Salt, to taste
- 1 tbsp Oil
- · Fresh Coriander, Lemon Juice, and Sev for garnishing

- 1. Rinse and cook quinoa as per package instructions.
- 2. Heat oil in a pan, add mustard seeds and let them splutter.
- 3. Add chopped onions, potatoes, and green chili, sauté until they are soft.
- 4. Add cooked quinoa, turmeric powder, and salt. Mix well.
- 5. Garnish with coriander, a sprinkle of lemon juice, and sev before serving.



QUINOA VEGETABLE CURRY

INGRIDIENTS:

- 1 cup Quinoa
- 1 cup Mixed Vegetables, chopped (carrot, beans, peas)
- · 1 Onion, chopped
- 1 Tomato, pureed
- 1 tsp Cumin Seeds
- 1 tsp Garam Masala
- 1 tbsp Curry Powder
- · Salt, to taste
- · 1 tbsp Oil
- Fresh Coriander for garnishing

- 1. Rinse and cook quinoa as per package instructions.
- 2. Heat oil in a pan, add cumin seeds and let them crackle.
- 3. Add chopped onions and sauté until they are golden brown.
- 4.Add tomato puree, curry powder, garam masala, and salt. Cook for 5-7 minutes.
- 5.Add mixed vegetables and a little water if needed, cover, and cook until vegetables are tender.
- Add cooked quinoa, mix well, and garnish with fresh coriander before serving.



LEMON QUINOA

INGRIDIENTS:

- 1 cup Quinoa
- 1 Lemon
- 1 tsp Mustard Seeds
- · 1 Green Chili, chopped
- 10-12 Curry Leaves
- · Salt, to taste
- 1 tbsp Oil
- Fresh Coriander for garnishing

- 1. Rinse and cook quinoa as per package instructions.
- 2. Heat oil in a pan, add mustard seeds, and let them crackle.
- 3. Add green chili and curry leaves, sauté for a minute.
- 4. Add cooked quinoa, salt, and lemon juice. Mix well.
- 5. Garnish with fresh coriander and serve.





QUINOA COCONUT MILK RICE

INGRIDIENTS:

- 1 cup Quinoa
- 1 cup Coconut Milk
- 1 cup Water
- 1 tbsp Oil
- 1 tsp Mustard Seeds
- · 1 Green Chili, slit
- 8-10 Curry Leaves
- Salt, to taste
- Fresh Grated Coconut and Coriander, for garnishing

- 1. Wash quinoa thoroughly under cold water and drain.
- 2.In a pan, heat oil and add mustard seeds, allowing them to splutter.
- 3. Add green chili and curry leaves. Sauté for a minute.
- 4. Add quinoa, coconut milk, water, and salt. Bring it to a boil.
- 5.Lower the flame, cover, and cook until quinoa is done (around 15 minutes).
- 6. Garnish with fresh grated coconut and coriander before serving.

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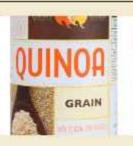
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