

Broad beans and Pea Quinoa

Type: **Serves:** **Recipe source:**

Cooks Note: Quinoa (pronounced Kin wah) can be substituted for most cereals and is a good replacement for rice. It has a subtle flavour with a fluffy, creamy and slightly crunchy texture.

EQUIPMENT:	INGREDIENTS:
2 large saucepans	3 cups quinoa
Measuring spoons and cups	1kg unpodded broad beans
2 wire strainers	3 cups frozen peas
1 metal tray	1 tbs olive oil
1 bamboo wooden stirrer	3 rindless bacon rashers, rind removed, coarsely chopped
1 frypan	2 white onions
1 large red bowl	1 cup chopped fresh mint
Chopping board	1 cup chopped fresh parsley
To Serve:	Salt and pepper
3 bowls and Serving spoons	70ml Olive oil

What to do:

1. Place quinoa in a saucepan, cover with cold water, bring to the simmer over medium heat, cook until tender (10-12 minutes).
2. While quinoa is cooking. Split open the broad beans and remove the beans from the pod and put into a bowl
3. Bring a large saucepan of salted water to the boil. Cook the broad beans for 2 minutes.
4. After 2 minutes then add the peas and cook for a further 2 minutes, until tender.
5. Plunge them into iced cold water. Drain well in a strainer.
6. Squeeze the broad beans to remove them from their skins. Discard the skins.
7. When quinoa is cooked tip into a strainer over the sink and then rinse. Drain very well then spread onto a tray to dry for 20 minutes (if time allows)
8. Chop onion in half and peel. Finely slice each half
9. Remove rind and excess fat from bacon and finely chop.
10. In a pan sauté the chopped onion and diced bacon in a little olive oil.
11. When this has browned, add the fresh broad beans together with the salt and pepper and toss through
12. Wash and dry parsley and mint and chop finely.
13. Tip quinoa into large red bowl and toss through mint, parsley, broadbean and bacon mix from frypan and olive oil. Toss through ingredients and serve in 3 bowls