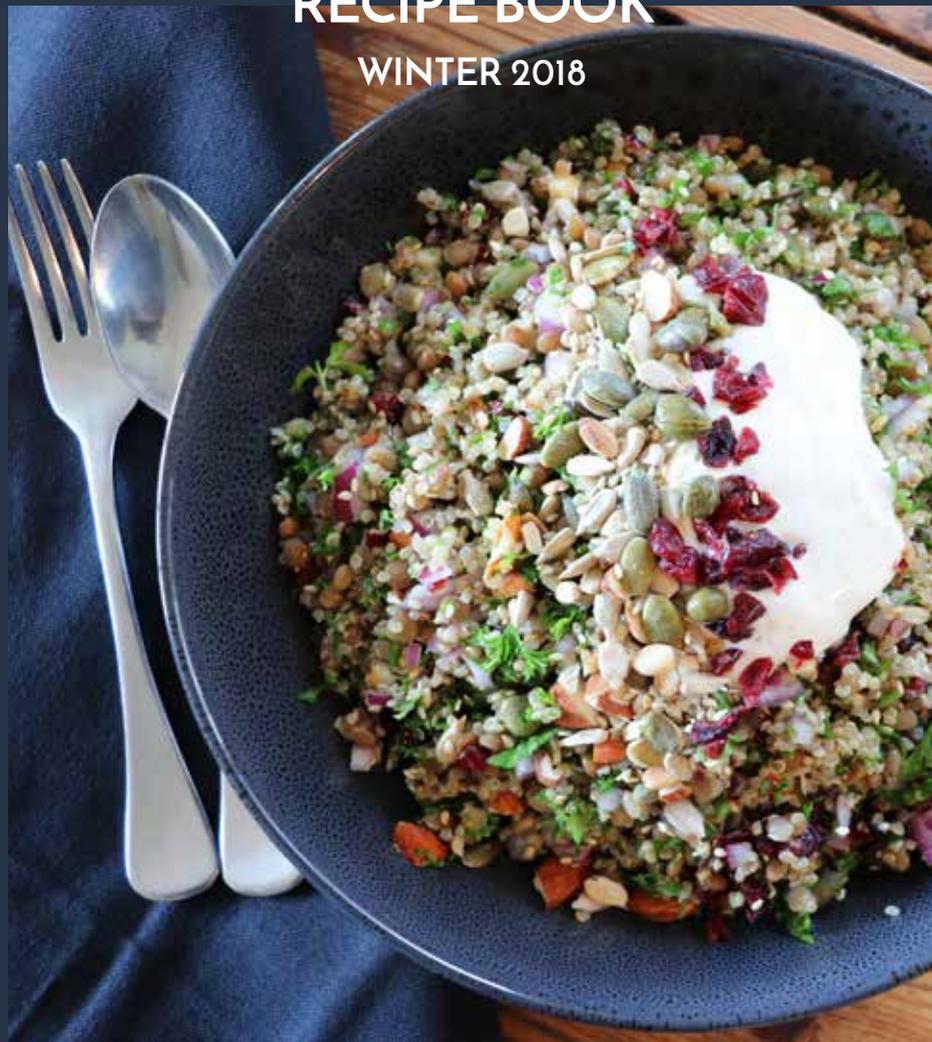


KIWI QUINOA

RECIPE BOOK

WINTER 2018



WHOLEGRAIN QUINOA
GROWN IN NEW ZEALAND

HELLO

There's no hiding the fact that we're in love with Kiwi Quinoa in our household. We're so grateful to have this opportunity to share a handful of our favourite recipes with you.

We wanted to share with you just how versatile this nutrient-packed seed is. It can be used in salads, chillis, soups and quiches and is unique in that it can be sprouted and then incorporated into raw treats and slices.

We pride ourselves on producing locally grown spray-free quinoa which is superior in quality, taste and functionality.

Kiwi Quinoa is grown in the rich volcanic soils of the Central North Island using sustainable farming practices. Kiwi Quinoa is wholegrain. As it has not been processed or polished, it retains its complete nutritional profile. The end result is a whole, unadulterated grain which has a mild, nutty flavour and is very user-friendly in the kitchen.

We love it and we are very excited to bring Kiwi Quinoa to Kiwi dining tables.

A handwritten signature in black ink, reading "Jarepi". The signature is written in a cursive, flowing style with a large loop at the beginning and a small dot at the end.

CONTENTS

Quinoa Tabbouleh	4
Crunchy Quinoa and Herb Salad with a Cumin Yoghurt Dressing	5
Chilli Con Quinoa	6
Slow Cooker Poached Chicken, Quinoa and Vegetable Soup	7
Three Cheese, Salmon and Quinoa Tart	8
Photo of Sprouted Quinoa	9
Sprouted Quinoa Seed Bars	10
Sprouted Quinoa Choc Bliss Balls	11
Quinoa Seed Crackers (Knaeckerbroed)	12

GF - Gluten Free • DF - Dairy Free • V - Vegetarian



QUINOA TABBOULEH



25 MINS



SERVES 6

A delicious and easy salad featuring fresh seasonal herbs. Swap the bulgur wheat for gluten free, nutrient-packed Kiwi Quinoa!

INGREDIENTS

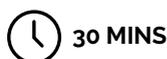
- 1 ½ cups Kiwi Quinoa, uncooked**
- 1 ½ cups of fresh herbs (parsley, mint and/or coriander)**
- 1/2 small red onion or 2 spring onions, finely chopped**
- Juice of 2 lemons**
- 1/3 cup extra virgin olive oil**
- Salt and pepper to taste**

DIRECTIONS

1. Rinse 1½ cups of Kiwi Quinoa and place in a saucepan with 6 cups of water. Cover with a lid and bring to the boil. Reduce heat to a simmer for approximately 20 minutes or until the tails of the quinoa release. Strain excess water and allow to cool.
2. In a smaller bowl, combine the freshly chopped herbs, red onion and lemon juice – allow to marinate for 5 minutes then add the olive oil. Combine the herb mixture and the Kiwi Quinoa and toss to combine.
3. Season with salt and pepper to taste (add additional lemon juice or olive oil if needed). It will keep for 2 to 3 days in the fridge.



CRUNCHY QUINOA AND HERB SALAD WITH A CUMIN YOGHURT DRESSING



This salad is inspired by a George Calombaris Cypriot salad, however we've used quinoa instead of freekah. The fresh herbs give it a lovely freshness, the toasted seeds and nuts offer some delicious crunch and the yummy cumin yoghurt completes it making it almost a meal in itself. Enjoy...

INGREDIENTS

- 1 bunch coriander, chopped**
- ½ bunch parsley, chopped**
- ½ red onion, finely diced**
- 1 cup Kiwi Quinoa, uncooked**
- ½ cup du puy lentils (uncooked) or 1 cup canned lentils**
- 2 tablespoons toasted pumpkin seeds**
- 2 tablespoons toasted slivered almonds**
- 2 tablespoons toasted pine nuts**
- 2 tablespoons toasted sunflower seeds**
- 2 tablespoons baby capers**
- ½ cup cranberries or currants**
- 1 tablespoon red wine vinegar**
- 3 tablespoons extra virgin olive oil**
- Sea salt to taste**
- 1 cup thick Greek yoghurt**
- 1 teaspoon ground cumin**
- 1 tablespoon honey**

DIRECTIONS

1. Rinse 1 cup of Kiwi Quinoa and place in a saucepan with 5 cups of water. Cover with a lid and bring to the boil. Reduce heat to a simmer for approximately 20 minutes or until the tails of the quinoa release. Strain excess water, set aside to cool.
2. Cook lentils in boiling water until tender. Rinse thoroughly and set aside to cool.
3. Mix the yoghurt, cumin and honey until combined. Use a little boiling water to melt the honey if it is solid.
4. In a medium bowl, place the coriander, parsley, red onion, quinoa, lentils, toasted nuts and seeds, capers, cranberries (or currants), red wine vinegar and olive oil. Mix well, season to taste.
5. Place into serving dish and top with cumin yoghurt.



CHILLI CON QUINOA



OPTION



45 MINS



SERVES 6-8

INGREDIENTS

- 1 cup Kiwi Quinoa, uncooked**
 - 1 tablespoon extra virgin olive oil**
 - 1 large onion, red or brown, diced**
 - 1 red capsicum, diced**
 - 4 cloves garlic, crushed**
 - 800g diced or sieved tomatoes**
 - 2 tablespoons tomato paste**
 - 2 cups vegetable stock**
 - 2 tablespoons chili powder**
 - 2 teaspoons ground cumin**
 - 2 teaspoons cocoa powder**
 - 2 teaspoons paprika**
 - 1 teaspoon ground coriander**
 - 1 teaspoon cayenne pepper (if you like it hot!)**
 - Salt and pepper**
 - 2 x 400g cans kidney beans, drained and rinsed**
 - 1 x 400g can black beans, drained and rinsed**
 - 1 x 400g can corn kernels or fresh if in season**
 - ½ cup coriander, chopped**
 - Juice of 1 lime**
- TO SERVE:**
- Sour cream (optional)**
 - Grated tasty cheese (optional)**
 - Coriander leaves**

DIRECTIONS

1. Rinse 1 cup of Kiwi Quinoa and place in a saucepan with 5 cups of water. Cover with a lid and bring to the boil. Reduce heat to a simmer for approximately 20 minutes or until the tails of the quinoa release. Strain excess water, set aside.
2. Heat the oil in a large saucepan over high heat. Add the onion and cook, stirring, for 4 minutes or until softened. Add garlic and capsicum and cook for a further minute. Add in diced tomatoes, tomato paste, cooked Kiwi Quinoa, stock, chilli powder, cumin, cocoa, paprika, coriander, cayenne pepper and season with salt and pepper to taste. Bring mixture just to a boil, then reduce heat to a simmer. Allow to simmer for 30 minutes.
3. Add in the kidney beans, black beans, corn, fresh coriander and lime and cook until heated through.
4. Serve hot and garnish with your choice of fresh coriander leaves, sour cream and/or grated tasty cheese.



SLOW COOKER POACHED CHICKEN, QUINOA AND VEGETABLE SOUP



PREP 20 MINS • COOK 5.5 HOURS



SERVES 6-8

INGREDIENTS

- 1 x 1.6kg organic chicken
- 1 large brown onion, diced
- 3 cloves garlic, crushed
- 2 carrots, cut into ½ cm rounds
- 3 celery stalks, cut into 1cm pieces
- 2 leeks, trimmed and thinly sliced
- 1 ½ cups Kiwi Quinoa, uncooked (rinsed thoroughly)
- 1 chilli, fresh or dried
- 3 bay leaves
- 10 whole black peppercorns
- 3 tablespoons salt
- Sprig of thyme or rosemary or good pinch of Italian herbs
- 8 cups water (more if required to completely cover the chicken carcass in the slow cooker)
- 2 cups chicken stock
- 800g jar whole or sieved tomatoes

JUST BEFORE SERVING:

- 1 cup chopped celery tops
- 2 teaspoons paprika
- Additional salt and pepper to taste

DIRECTIONS

1. Place the chicken, all the vegetables (except the celery tops), uncooked Kiwi Quinoa, chilli, peppercorns, salt and herbs into a slow cooker. Cover with water, chicken stock and jar of tomatoes so that the chicken is completely submerged.
2. Cover and cook on high in the slow cooker for 4-5 hours or until the quinoa has popped.
3. Allow to cool slightly, remove the chicken from the slow cooker onto a plate. Using 2 forks, remove the skin, shred the meat off the carcass and add back into the soup. Add the chopped celery tops, 2 teaspoons of paprika and season with salt, pepper and chilli to taste. Put the slow cooker back to high heat for twenty minutes or until the ideal temperature to serve.
4. Serve with fresh herbs. We love parsley, marjoram or thyme as that's what we have fresh in the vegetable garden.



THREE CHEESE, SALMON & QUINOA TART



OPTION



PREP 30 MINS · COOK 40 MINS



SERVES 6

INGREDIENTS

½ cup Kiwi Quinoa

1 teaspoon ground coriander

1 teaspoon ground turmeric

1 teaspoon ground cumin

2 cups spinach leaves

6 eggs

½ cup cream

250gm ricotta cheese

1 ½ cups grated tasty cheese

¾ cup grated parmesan cheese

2 cloves crushed garlic

Zest (finely grated) of a lemon

Salt and pepper to season

TO SERVE

100gm cream cheese softened

with a drizzle of cream

100gm smoked salmon or your

favourite baked/grilled vegetables

(cauliflower, zucchini)

DIRECTIONS

1. Preheat oven to 180° C. Grease and line a 23cm round spring-form cake tin with baking paper.
2. In a saucepan place the rinsed quinoa into 2 cups of water with the coriander, turmeric and cumin. Cover with a lid and bring to the boil, then simmer for 20 minutes or until the tails of the quinoa release. Once cooked, rinse & strain.
3. Place the spinach leaves in a sieve and pour boiled water over them to lightly wilt the greens. Spread out on paper towel to absorb excess moisture.
4. In a large bowl, whisk the eggs and cream and season well with salt and pepper. Stir in the three cheeses, quinoa, spinach, garlic and lemon. Pour into prepared cake tin and bake for 35-40 minutes or until the tart is puffed and golden and no longer wobbly in the center.
5. Cool in the tin for 20 minutes before removing. Spread with cream cheese and your favourite topping. We love smoked salmon and dill, though baked cauliflower or grilled zucchini work really well also.

SPROUTING INSTRUCTIONS

To sprout your Kiwi Quinoa, rinse 1/2 a cup of quinoa under cold water in a fine mesh sieve. Place the quinoa in a bowl with 3 cups of water and allow to soak for 8 hours in the fridge. Strain the quinoa and rinse thoroughly, then leave the quinoa in the sieve and place over a bowl and put back in fridge. Repeat process every 12 hours (another 3 times) and it's ready to use. Fine white sprouts will start to emerge from your quinoa seeds.



SPROUTED QUINOA SEED BARS



OPTION



40 MINS + SPROUTING



SERVES 10-12

INGREDIENTS

- ½ cup Kiwi Quinoa, sprouted (36-48 hours)
- ½ cup peanut butter
- 1 tablespoon honey
- 2 tablespoons butter (or coconut oil), melted
- ½ cup dates, roughly chopped and soaked in boiling water for 5 minutes, then drained
- ¼ cup chia seeds
- ¼ cup sunflower seeds
- ¼ cup pumpkin seeds
- ½ cup desiccated coconut
- Pinch sea salt
- 90g 50% dark chocolate

SPROUTING INSTRUCTIONS

To sprout your Kiwi Quinoa, rinse 1/2 a cup of quinoa under cold water in a fine mesh sieve. Place the quinoa in a bowl with 3 cups of water and allow to soak for 8 hours in the fridge. Strain the quinoa and rinse thoroughly, then leave the quinoa in the sieve and place over a bowl and put back in fridge. Repeat process every 12 hours (another 3 times) and it's ready to use. Fine white sprouts will start to emerge from your quinoa seeds.

DIRECTIONS

1. Preheat your oven to 150°C.
2. In a bowl combine the peanut butter, honey, melted butter (coconut oil) and the soaked dates. Combine well.
3. Add the sprouted quinoa, chia seeds, sunflower seeds, pumpkin seeds, desiccated coconut and salt. Stir together until well combined.
4. Press mixture into a 20cm square baking tin (ideally with removable base) lined with baking paper. Place in preheated oven and bake for 20 minutes.
5. Remove from the oven and press down again using the back of a spatula. Leave to cool slightly in the tin before placing in fridge for an hour until firm.
6. Melt the chocolate and drizzle over the slice. Allow to cool before removing from tin and cutting into squares or bars. Store in an airtight container (up to 5 days or longer in the fridge).



SPROUTED QUINOA CHOC BLISS BALLS



20 MINS + SPROUTING



MAKES 20 BALLS

Bliss balls are a fabulous, fast, go-to snack or treat. Our children love these sprouted quinoa chocolate bliss balls and we love that they are getting all the goodness of sprouted quinoa, healthy fats and protein in an easy, refined sugar free snack. The only commitment is to sprouting your quinoa. It's not difficult, it just takes time as all good things do!

INGREDIENTS

4 tablespoons nut butter (almond, peanut, cashew etc)

2 teaspoons coconut oil, melted

10 dates, roughly chopped and soaked in boiling water for 5 minutes, then drained

Pinch sea salt

1 teaspoon vanilla bean paste

2 teaspoons cacao powder

½ cup Kiwi Quinoa, sprouted (36-48 hours)

1 cup desiccated coconut

DIRECTIONS

1. In a medium sized bowl combine the nut butter, melted coconut oil, soaked dates, salt, and vanilla bean paste and mix well.
2. Add the cacao powder, sprouted quinoa and desiccated coconut to the wet ingredients and mix until well combined.
3. Using clean hands and a tablespoon, roll the mixture into balls. Store in an airtight container in the fridge (up to 5 days).

SPROUTING INSTRUCTIONS

To sprout your Kiwi Quinoa, rinse 1/2 a cup of quinoa under cold water in a fine mesh sieve. Place the quinoa in a bowl with 3 cups of water and allow to soak for 8 hours in the fridge. Strain the quinoa and rinse thoroughly, then leave the quinoa in the sieve and place over a bowl and put back in fridge. Repeat process every 12 hours (another 3 times) and it's ready to use. Fine white sprouts will start to emerge from your quinoa seeds.



QUINOA SEED CRACKERS (KNAECKERBROED)



PREP 15 MINS • COOK 1 HOUR



MAKES 20 CRACKERS

These crackers are so moreish and will be the star of any cheese platter, lunchbox or afternoon tea snack. They are full of healthy seeds and don't take long at all to prepare. We store them in a large glass jar to help keep their freshness, though they'll be devoured within days!

INGREDIENTS

- 1 cup cornmeal flour**
- 1/2 cup Kiwi Quinoa, cooked**
- 1/3 cup sunflower seeds**
- 1/4 cup sesame seeds**
- 1/3 cup pumpkin seeds**
- 1 teaspoon sea salt**
- 250mL boiling water**
- 1/4 cup extra virgin olive oil**

DIRECTIONS

1. Preheat your oven to 150°C.
2. Rinse ¼ cup of Kiwi Quinoa and place in a saucepan with 2 cups of water. Cover with a lid and bring to the boil. Reduce heat to a simmer for approximately 20 minutes or until the tails of the quinoa release. Strain excess water, set aside to cool.
3. Mix all of the dry ingredients, including the cooled quinoa together.
4. Stir in the olive oil and then pour in the hot to boiling water and mix until well combined
5. Spread the mixture onto a baking tray lined with baking paper. Smooth out with the back of a spoon until it is as thin as possible.
6. Bake for approximately 1 hour until golden brown.
7. Allow to cool and then break sheet into pieces as desired – either cracker sized or long rectangular shards for a fancy effect! Store in glass jar for freshness.



THANK YOU

We trust you'll have fun with these Kiwi Quinoa inspired recipes.

Recipes: Jacqui Cottrell • Photography: Georgia Cottrell & Jacqui Cottrell

kiwiquinoa.com