



QUINOA GOURMET BOLOGNESE



4 servings



5 min.



15 min.

INGREDIENTS

250g. TIPIAK Quinoa Gourmet

1 onion (chopped)

olive oil

350g. ground beef or pork

400g. tomato sauce or crushed tomatoes

70g. Emmental cheese (grated)

Salt and pepper

COOKING INSTRUCTIONS

1. In a large saucepan bring water to a boil then mix in 250g. of Quinoa Gourmet. Cook for 12 minutes then drain, place in a bowl and set aside. In a frying pan add olive oil. Sauté the chopped onion over medium high heat and add the ground beef. Let cook for 10 minutes or until meat is browned. Reduce to medium-low heat, add the tomato sauce and let reduce for 5 minutes. Fluff quinoa with a fork before plating. Pour on tomato meat sauce mixture and top with grated Emmental cheese. Serve immediately.