

**Autora: ABRIGO MORALES ANGEDIT**



**Quinoa**

**Omelette**



**INGREDIENTS:**

1. Quinoa
2. Salt
3. Egg
4. Carrot
5. Olive oil
6. Onion
7. Tomatoes
8. Spinach
9. Oregano
10. • Ajinomoto
11. • Chuño



**LET'S PREPARE OUR DELICIOUS QUINOA OMELETTE:**

- [ ] , wash all the ingredients.
- Then, cut tomatoes and onions into cubes.
- After that, grate carrots.
- [ ] , cut the spinach
- Then, boil quinoa
- After that, put all the vegetables and quinoa in a bowl
- Next, mix with the egg, salt to taste ajinomoto and oregano
- Then, whisk all the mixture
- [ ] , add a spoon of chuño
- [ ] , fry in a pan

**And ready. Now we serve and enjoy!**