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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!