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:**
- 2 large saucepans
- Measuring spoons and cups
- 2 wire strainers
- 1 metal tray
- 1 bamboo wooden stirrer
- 1 frypan
- 1 large red bowl
- Chopping board

To Serve:
- 3 bowls and Serving spoons

**INGREDIENTS:**
- 3 cups quinoa
- 1kg unpodded broad beans
- 3 cups frozen peas
- 1 tbs olive oil
- 3 rindless bacon rashers, rind removed, coarsely chopped
- 2 white onions
- 1 cup chopped fresh mint
- 1 cup chopped fresh parsley
- Salt and pepper
- 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