

recipe 2: minced pork with spinach and quinoa (a soup dish)

Ingredients: Quinoa, Salt, Minced pork or beef (seasoned), Garlic, Spinach (bayam), Vegetable oil, Chicken/Vegetable stock or water, Fried shallots (optional)



Season the meat with soy sauce, sesame oil and corn flour. Fry garlic in vegetable oil. Cook seasoned meat in oil until it's half-cooked. Pour in water or chicken/vegetable stock. Let boil for 10-15 minutes. Add Quinoa and boil for 10 minutes. Add spinach and salt to taste, and boil for another 5-10 minutes. Garnish with a sprinkle of fried shallots. Serve immediately.

Remember Quinoa will absorb water, so add more water than the grain to water ratio of 1:2 in order to obtain a soup dish.

recipe 4: quinoa with mashed banana and yoghurt (a baby food)

When can babies start eating quinoa? We recommend from 9 months of age. Give your baby a nutritious alternative to the regular banana puree.

Ingredients: Cooked quinoa, Whole milk yoghurt, Mashed banana

Cook quinoa, stove-top method as per Recipe 2. Add remaining ingredients, stir well and serve. Simmer on low heat for about 10 minutes if you would like to warm the food.

recipe 3: apricot, cranberry and pistachio quinoa porridge

Ingredients (serves 4): 1 ½ cups quinoa, rinsed, drained
1 ½ cups milk, ½ cup dried apricots, chopped
⅓ cup dried cranberries, 1½ tablespoons coconut palm granules, ⅓ cup pistachio kernels, coarsely chopped.
Honey, to serve (optional)
Cooking Time: 30 minutes

Combine quinoa and 4 cups cold water in a saucepan over medium-high heat. Bring to the boil. Reduce heat to medium-low. Cook, covered, for 10 minutes.

Stir in milk, apricot and cranberries. Cook, covered, for 10 minutes or until quinoa is tender. Stir in coconut palm granules as sweetener. Sprinkle with pistachios. Drizzle with honey. Serve.



For wholesale or retail enquiries, please call Actspand Pte Ltd
12 Arumugam Road,
#03-09,
Lion Building B,
S(409958)
Tel: 6841 5476
Email: trading@actspand.com
Web: www.actspand.com
www.organicandwholesale.com

organic quinoa seeds

(pronounced 'keen-wah')

Quinoa originated in the Andean region of South America. Once known as 'the gold of the Incas', this ancient crop was used to sustain Incan armies on their long marches. Quinoa is actually a relative of leafy green vegetables like spinach and the Swiss chard although it's commonly considered a grain.

health benefits

Quinoa is loaded with essential amino acids, enzymes, vitamins and minerals, fibre, antioxidants, and phytonutrients, and it is identified as one of the world's healthiest foods.

The FAO (United Nations Food and Agriculture Organization) says quinoa is so nutritious it can substitute mother's milk.

Quinoa contains more protein than any other grain, and has all nine essential



white and red quinoa seeds

amino acids for human health, which makes it a complete protein. This quality is not found in wheat or rice. Ideal food for both adults and growing children, as well as vegetarians.

It's lower in carbohydrates and higher in unsaturated

fats than most grains.

Quinoa supports weight loss.

Low Glycemic Index (about 35). Being a good source

quinoa plant



of healthy carbohydrates, a meal with quinoa makes one feel full longer, and helps in keeping hunger pangs at bay. It digests slowly and does not quickly convert sugar to fat or bring about a spike in blood sugar levels.

Quinoa is an excellent source of energy with added nutrition. Endurance athletes have long known quinoa to be "an ideal carbohydrate source because it contains more protein and vitamins than most grains", World's Healthiest Foods reports.



500g pack



All rights reserved. This material may not be published, broadcast, rewritten or redistributed in whole or part without the express written permission from Actspand Pte Ltd.

○ High in dietary, colon-cleansing fibre, quinoa helps in keeping your digestive system healthy, and reduces your chance of getting gallstones.

○ Quinoa is great for the heart. Naturally free of cholesterol and concentrated with vitamin B6, folate and niacin (vitamin B3), which all help to remove bad cholesterol (LDL).

○ Quinoa helps migraine sufferers as it's a good source of magnesium, a mineral that relaxes blood vessels and improves their elasticity; and riboflavin (Vitamin B2), necessary for proper energy production within cells.

○ Quinoa and other whole grains substantially lower Type 2 Diabetes risk, again due to the mineral magnesium, which promotes glucose metabolism. Many diabetics are often found deficient in magnesium.

○ Quinoa is also rich in iron, a mineral needed for red blood cell production and that enhances brain functions such as memory and learning.

○ Quinoa of our bodies. On top of Vitamin E, it is also high in zinc, manganese and copper. Regular intake of antioxidants is important to prevent and counteract free radical damage, to promote a healthy immune system and to prevent cancer.

○ Quinoa is gluten-free and can be enjoyed by people with digestive disorders like celiac disease. Ideal for those allergic to dairy and wheat.

Quinoa Field



[It is no wonder that Business Times (Singapore) dated Dec 28, 2010 said: "those with migraine headaches, diabetes, concerned about cancer and post-menopausal women should consume more quinoa."]

difference between red quinoa and white quinoa

Red Quinoa and White Quinoa are nutritionally similar; both are great complete protein sources. However, Red quinoa also has antioxidant-rich phytonutrients called anthocyanins present in the red pigment. In terms of taste, red quinoa has a slightly more fibrous texture and is a little crunchier once cooked.

Cooked Red Quinoa also holds its shape better and makes a more delightful visual presentation in recipes such as salads.

mineral differences between quinoa, rice and wheat



quinoa grain

Below is a comparative table of Mineral Composition (mg/100g protein) between quinoa, rice and wheat. The obvious winner- quinoa!

	Quinoa	Rice	Wheat
Calcium (Ca)	1487	69	503
Phosphorus (P)	3837	1378	4677
Iron (Fe)	132	7	38
Potassium (K)	9267	1183	5783
Magnesium (Mg)	2496	735	1694
Manganese (Mn)	100	23	39
Chlorine (Cl)	1533	NR	633
Copper (Cu)	51	2	7

Source: Kosiol, M.J. (1992). Chemical composition and nutritional evaluation of quinoa (Chenopodium quinoa Wild). In Journal of Food Composition and Analysis, Vol. 5, n 1, p36 – 68

everyday quinoa recipes

Quinoa is very easy to prepare as it cooks a lot like rice. This super-versatile grain does not have a strong and overbearing taste, so you can trust that it will go well with soups, salads, stews, Chinese and Malay dishes, even desserts. How do you know that the seeds are cooked? The round seeds will become transparent and expand with an outward forming, spiral tail.



Quinoa cooked

recipe 1: plain quinoa or rice with quinoa (a daily staple)

If you are new to Quinoa and are hesitant to cook it on its own, try cooking the grain together with rice in a rice cooker. 1 part grain to 2 parts water.

This helps reduce the Glycemic index (GI) of the meal, which will benefit the blood sugar levels of your body. Quinoa has very little taste by itself but it can add an interesting and slightly crunchy texture to the

cooked rice, together with a very mild nutty aroma.

Rinse quinoa well. Cook quinoa alone or quinoa-rice mixture in rice cooker.