

BEET, QUINOA & WHOLE GRAINS

By Chef Paola Garduño



INGREDIENTS:

- 500 gr jicama tortillas (lightly roasted)
- 500 gr beet
- 250 gr wheat grains
- 150 gr black quinoa
- 50 gr coriander
- 250 ml raspberry vinegar
- 10 gr sea salt

PREPARATION:

1. Bake the beet on a bed of sea salt at 90°C for 3 hours; after having cooked it, clean it.
2. Cut the beet into cubes and dress it in raspberry vinegar.
3. Cook wheat and quinoa in water.
4. Assemble the beet cubes on the jicama tortillas accompanied by wheat and quinoa.
5. Garnish with cilantro.

Makes: 10 servings