

# World Kitchen: Bolivia recipes

**Makes 3 servings**

## Ingredients

### **Bolivian Phisara:**

1 cup of quinoa

2 and ½ cups of unsalted chicken or beef broth (reserve cooked chicken or beef)

½ a cups green peas

8 ounces Queso Fresco cheese

½ tsp salt

1 Tbsp of oil

### **Vegetable Sauté**

6 chopped green onions

1 medium size chopped red pepper

1 medium size carrot cut into thin sticks

1 tsp of olive oil

1 pinch of salt

### **Llaqwa**

3 medium size tomatoes

6 white tender onions (green onion heads)

1 hot green chili pepper

A pinch of salt

1 tsp oil

## Instructions

### **Phisara:**

1. Toast the quinoa in a frying pan without oil until it looks golden brown.
2. Wash the quinoa two times in plenty of water using your hands.
3. Boil the quinoa in a pot using the broth and oil.

4. Add salt and peas into the pot when the quantity of broth has almost reached the level of the quinoa in the pot.
5. Cook all ingredients in low heat until all broth has gone.

### **Vegetable sauté**

1. Sauté the carrots in a frying pan with oil for 3 to 4 minutes
2. Add the red pepper and the green onions and stir for 2 more minutes.

### **Llaqwa**

1. Shred the tomatoes and the hot chili pepper.
2. Chop the white tender onions and add it to the shredded tomatoes and chili.
3. Add salt and oil.

Serve the quinoa on plates accompanied by the Llaqwa and the sautéed vegetables.

### **Variations**

1. Mix the sautéed vegetables with the cooked quinoa before serving.
2. Serve the quinoa accompanied by the cooked chicken or beef.