



Receta cedida por [Patricia Restrepo](#)



## Preparación

1. Wash the Quinoa Real very carefully. Boil some water with a pinch of sea salt. Add the Quinoa Real and boil for 10 minutes. Reduce heat and cook for 25 minutes with a lid.
2. Once done, pass it to a wooden bowl and mix it with the rice vinegar and the concentrated apple juice. Allow to stand.
3. Toast the Nori seaweeds and put a ball of Quinoa Real in the center of the seaweed leaf handling the Quinoa Real with your hands wet. The Nori seaweed leaf has to be previously placed on a Sushi mat. Spread the Quinoa Real on the Nori seaweed leaf to get a rectangle, and fill to taste with the soy mayonnaise, the avocado, the lettuce, the pickles or the chives and then roll the mat with the seaweed leaf, the Quinoa Real and the rest of filling ingredients.
4. Cut it into small pieces and serve it with the wasabi and the soy sauce.

## Sushi of three-coloured Quinoa Real

### Ingredientes

2 cups of [three-coloured Quinoa Real](#)  
(for 6 people)

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4 cups of water

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125 ml. of rice vinegar  
(for 6 people)

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50 ml. of concentrated apple juice

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1 tablespoon of marine salt

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Nori seaweeds

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Soy mayonnaise (plant mayonnaise)

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Pickles to taste

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Lettuce

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Chives or avocados to taste

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Preparation for wasabi

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Soy sauce

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