

Coconut Quinoa Porridge with Banana and Palm sugar

From ABC Delicious Café Food – a recipe from Birdman Eating in Victoria

- 2 cups (500ml) coconut milk
- 1 cup quinoa (200g)
- 250 g dark palm sugar cut into small chunks or use 1 ¼ cup firmly packed dark brown sugar
- 2 bananas sliced
- ½ cup shredded coconut

Combine coconut milk with 1 cup (250 ml) water in a jug, then set aside

Combine quinoa and a pinch of salt in a pan. Add half the coconut milk mixture, or just enough to cover the grains.

Bring to the boil stirring over a medium – low heat. Reduce heat to low and simmer, stirring occasionally, for 20-25 minutes until the grains are tender and mixture is a porridge consistency, adding some of the remaining liquid if it is becoming too thick.

Meanwhile place palm sugar and 1 cup of water in another pan over low heat. Stir to dissolve sugar, then simmer for about 30 minutes until it is a thick syrupy consistency and is reduced by half.

Pour about 1 tablespoon into each bowl or serving glass, spoon over porridge, then add a little more syrup. Top with some banana and coconut

Serves 4.

