CLAIMS

1. A premix for a food, the premix comprising:

quinoa flakes;

corn flour;

rice flour; and

optionally one or more additional agents, the additional agents being selected from flavouring agents, colourants, visual particulates, flow agents, dust control agents, texturizing agents, and combinations thereof;

wherein, based on the total weight of the premix, the premix comprises:

(a) 35% w/w to 60% w/w of the quinoa flakes, 20% w/w to 32.5% w/w of the corn flour, and 20% w/w to 32.5% w/w of the rice flour; or

(b) 35% w/w to 50% w/w of the quinoa flakes, 10% w/w to 24% w/w of the corn flour, 10% w/w to 24% w/w of the rice flour, and 2% w/w to 45% w/w of the one or more additional agents.

2. The premix of claim 1, wherein the corn flour is yellow corn flour, white corn flour, or a combination thereof.

3. The premix of claim 1, wherein the corn flour is yellow corn flour.

4. The premix of any one of claims 1 to 3, wherein the weight ratio of the quinoa flakes:the corn flour:the rice flour is 2 : 1 : 1.

5. The premix of any one of claims 1 to 4, wherein the food product comprises a matrix comprising a vegetable, a dairy product, a dairy-substitute product, a meat product, a meat-substitute product, a precooked food item or combinations thereof.

6. A food product comprising the premix as defined in any one of claims 1 to 4 and a matrix as defined in claim 5.

7. The food product of claim 6, wherein the food product is cooked or par-cooked.

8. The food product of claim 6, wherein the food product is fried or parfried.

9. The food product of any one of claims 6 to 8, wherein the food product is frozen.

10. The food product of claim 9, wherein the food product is reconstituted by heating.

11. The food product of any one of claims 6 to 10 comprising 1% w/w to 25% w/w of the premix prior to being cooked or par-cooked.

12. The food product of any one of claims 6 to 10 comprising 1% w/w to 15% w/w of the premix prior to being cooked or par-cooked.

13. The food product of any one of claims 6 to 10 comprising 0.5% w/w to 10% w/w of the quinoa flakes, 0.1% w/w to 5% w/w of the corn flour, and 0.1% w/w to 5% w/w of the rice flour prior to being cooked or par-cooked.

14. A method of preparing a food product comprising:

combining a premix as defined in any one of claims 1 to 4 with the matrix as defined in claim 5 to obtain a food product mixture; and

optionally cooking or par-cooking the food product mixture.

15. The method of claim 14 further comprising freezing the food product.

16. A food product for cooking or par-cooking comprising a premix as defined in any one of claims 1 to 4 and a matrix as defined in claim 5.

17. The food product for cooking or par-cooking of claim 16 comprising 1% w/w to 25% w/w of the premix.

18. The food product for cooking or par-cooking of claim 16 comprising 1% w/w to 15% 2/2 of the premix.

19. The food product for cooking or par-cooking of claim 16 comprising 0.5% w/w to 10% w/w of the quinoa flakes, 0.1% w/w to 5% w/w of the corn flour, and 0.1% w/w to 5% w/w of the rice flour.