

QUINOA AND MUSHROOM RISOTTO



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SERVES 4

INGREDIENTS

2 tbsp vegetable oil • 1 small chopped onion • 2 chopped garlic cloves • 1 teacup quinoa • 1 teacup risotto rice • 1 small grate carrot • 1 chopped tomato or pumpkin • 3 ladles of vegetable stock • 6 teacups of hot water • Salt and chopped parsley to taste • 50g grated parmesan cheese

METHOD

Place the oil in a pan over a medium heat • Add the onion and the garlic and sauté until the onion sweats • Add the quinoa and the vegetables and sauté for a further 5 min • Add the stock and the water • Lower the heat and season with salt • Cover the pan and cook for 20 min or until the water evaporates • Turn off the heat and leave to rest for about 5 min with the lid on • Finally, add the parsley and the parmesan, mix and serve

NOTE

Quinoa can be used in many ways – in salads, with rice, with beans, in soups, stews, and with meat. It is a powerful cereal, excellent for our health.