

Mushroom Broccoli Quisotto (adapted from 365 Quinoa cookbook)

1tbsp butter
2 cups broccoli florets
2 cups sliced cremini mushrooms
2 cloves garlic, minced
1 cup red (inca) quinoa
2 cups vegetable stock
pinch nutmeg
1/4 cup chopped parsley
1/3 cup grated parmesan cheese
1/4tsp each salt and pepper

Saute the onion in the butter in a large pan until translucent. While doing that, rinse the quinoa and place in a pot with the stock, bring to a boil for 5min then turn the heat off with the pot lid on. Add the garlic to the onion and saute for another 2min. Then add the broccoli and mushrooms and continue to stir until the broccoli turns bright green and the mushrooms are softened. Add the quinoa to the sautéed vegetables. Stir in the parsley, cheese and nutmeg. Serve hot.