



Wild Mushroom Quinoa Risotto Recipe

This amazing and creamy Wild Mushroom Quinoa Risotto Recipe is super easy, vegetarian and is made with leeks & green peas for great color & flavor.

Course: Main Course

Cuisine: Italian

Servings: 6

Calories: 520 kcal

Ingredients

- 2 Spring onions cleaned and chopped
- 0.5 Kg Mushrooms cleaned and chopped
- 1 tablespoon Fresh parsley chopped
- 2 cups Agrophilia Quinoa rinsed and drained
- 2 tablespoons Olive Oil
- 1/2 cup Dry White Wine optional
- 5-6 cups Chicken or Vegetable stock
- 1/2 cup Heavy Cream
- 1 cup Fresh Grated Parmesan Cheese
- 1 cup Green Peas frozen
- Salt and Pepper to taste

Instructions

1. Place the stock in a saucepan and let it boil. Turn the heat down
2. In a big skillet heat 1 tablespoon of olive oil at medium-high heat. Brown the mushrooms on all sides until they soften. Season with salt and pepper and remove from the heat
3. In the same skillet heat, 2 teaspoons of olive oil and sautee the spring onions until they soften. Add the parsley and the quinoa. Stir for 1-2 minutes or until the Quinoa toasts up a bit
4. Place the mushrooms back in the pan
5. Add the dry wine and stir until the wine reduces
6. Add 2 ladles of the stock at a time. Reduce the heat to medium-low and continue mixing until almost all the stock has been absorbed
7. Repeat this step 2 ladles at a time until Quinoa is creamy and has softened. Don't rush it. Quinoa cooks creamier with it's low and slow. Let the liquid absorb before adding more. This step will take approximately 15-20 minutes
8. Finally, add the heavy cream and stir. Check for seasoning and add the frozen peas
9. Add the parmesan cheese. Mix and serve immediately
10. Enjoy!