



Quinoa Risotto with Whipped Feta

Serves 4

Prep. 15 min Cook 30 min

This is a much lighter version of a traditional risotto, made nutritionally substantial by using quinoa and mushrooms, with an extra yum factor from the whipped feta.

Ingredients

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| 1 tbsp olive oil | 3 sprigs of thyme, leaves removed |
| 3 celery sticks, sliced | 1 tbsp additional olive oil for mushrooms |
| 1 onion, finely chopped | |
| 2 cloves of garlic, thinly sliced | Whipped feta |
| 1 1/2 cup quinoa, pre-rinsed | 200 g feta |
| 1 L reduced salt vegetable stock, hot | 80 g cream cheese |
| 4 large portobello mushrooms | |

Preparation

Risotto

Step 1: Preheat oven to 200°C. Put the olive oil in a large frying pan over medium heat and when hot add the celery, onion, and garlic and fry for 5-8 minutes until the celery has softened and the onion is translucent.

Step 2: Add the quinoa and stir to coat. Pour in the hot stock, bring to the boil, then reduce the heat to a low simmer for 20 minutes, by which time the quinoa should be cooked and have absorbed all the liquid.

Step 3: While the risotto is cooking, put the mushrooms on a baking tray. Sprinkle the thyme leaves over the mushrooms and drizzle with olive oil. Roast the mushrooms for 15 minutes then remove from oven.

Whipped feta

Step 1: Add the feta and cream cheese into a food processor, blitz until smooth and creamy.

Serving suggestion:

Portion quinoa into bowls, top with a mushroom and dot the plate with the whipped feta. Option to serve alongside roast chicken and fresh green salad.