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# Vegan Quinoa Risotto

النشخص : 0

الوقت الكلي: 0 min

وقت التحضير: 0 min

وقت الطبخ: 0 min

Ingredients:

- 1/2 cup cashews
- 1 garlic clove
- 1/2 cup almond milk
- 3 tbsp nutritional yeast
- 1 tsp mustard
- 1/2 tsp lemon juice
- 1/4 tsp onion powder
- 1/2 tsp sea salt
- 1/4 tsp chili flakes
- 1/2 uncooked quinoa
- 1 cup vegetable stock
- 1 cup vegetables (carrot, zucchini, broccoli)
- 1 tsp olive oil
- 1 garlic clove, finely chopped
- parsley, cherry tomatoes and parsley to garnish

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Instructions:

- .1 Soak cashews in filtered water for 3 hours or overnight.
- .2 Make the quinoa. Soak quinoa for 15minutes and rinse well. Place in a small saucepan and add the stock over medium heat. Once the stock boils reduce to a simmer and cook for 15minutes or until quinoa is dry but still fluffy. Set aside.
- .3 Meanwhile prepare the vegetables by boiling just until half-cooked. Set aside. Grill the asparagus and cherry tomatoes and set aside.
- .4 Make the cashew sauce. Drain the cashews and place in a blender with the milk, garlic, nutritional yeast, mustard, lemon juice, onion powder, salt and chili. Blend until smooth. Set aside.
- .5 Time to make the risotto! Heat the olive oil in a medium saucepan. Sauté the garlic for 30seconds and then add the vegetables. Saute for a minute then add the quinoa. Let the quinoa warm up before adding in about 2/3s of the sauce. Taste to check if you would like more sauce or more seasoning.
- .6 Transfer to a plate. Garnish with parsley, cherry tomatoes and asparagus.