## Vegan Quinoa Risotto

وقت الطبخ: 0 min Ingredients:

وقت التحضير: 0 min

الوقت الكلي: 0 min

الأشخاص : 0

- 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 •

Instructions:

- Soak cashews in filtered water for 3 hours or overnight. .1
- Make the quinoa. Soak quinoa for 15minutes and rinse well. Place in a small saucepan and add the .2 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.
- Meanwhile prepare the vegetables by boiling just until half-cooked. Set aside. Grill the asparagus and .3 cherry tomatoes and set aside.
  - Make the cashew sauce. Drain the cashews and place in a blender with the milk, garlic, nutritional .4 yeast, mustard, lemon juice, onion powder, salt and chili. Blend until smooth. Set aside.
- Time to make the risotto! Heat the olive oil in a medium saucepan. Sauce the garlic for 30seconds .5 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.
  - Transfer to a plate. Garnish with parsley, cherry tomatoes and asparagus. .6