
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

Instructions:

1. Soak cashews in filtered water for 3 hours or overnight.
2. Make the quinoa. Soak quinoa for 15 minutes 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 15 minutes 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 30 seconds and then add the vegetables. Sauté 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.