



FOOD CO-OPERATIVE

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Winter Pilaf

Quinoa, leek & mushroom pilaf:

Ingredients:

- 1 tbsp olive oil
- 1 tsp butter
- 1 cup quinoa rinsed & drained
- 1 cup chicken or vegetable stock
- 2/3 cup water
- 1 leek finely chopped
- 2 garlic cloves, crushed
- 1 cup mushrooms sliced
- 1 cup spinach or seasonal greens
- ¼ cup parsley
- 1tsp fresh thyme or tarragon
- ¼ cup toasted pine nuts (optional)
- Grated parmesan or pecorino to garnish, lemon zest to serve, salt & pepper to taste

Heat ½ oil in pot over medium heat & cook mushrooms, 2-4 minutes till soft. Transfer to bowl. Reduce heat to medium add remaining oil, butter & leek cook for 5 minutes till soft, stir in garlic for 1 minute till aromatic.

Add quinoa, stock & water. Bring to boil & reduce heat to simmer covered up to 12 minutes or until the water is almost absorbed. Stir in chopped greens, cover & cook till all water is absorbed. Remove from heat & set, covered aside.

Stir mushrooms & herbs into quinoa pilaf, season with fresh ground pepper & garnish with grated cheese, lemon zest & parsley before serving.

