

TASTE WITHOUT WASTE

Quinoa Veggie Bake

Serves two.

Ingredients

½ cup quinoa, rinsed
1 ¼ cups vegetable stock
2 tsp butter, plus extra for greasing
100g pumpkin, peeled and cut into 2cm cubes
100g leek, white part only, thinly sliced
50g button mushrooms, halved and thinly sliced
50g zucchini, halved lengthways and thinly sliced
100g cherry tomatoes, halved
1 tbsp basil leaves, torn into small pieces
Large handful baby spinach, roughly chopped
1 egg, lightly beaten
Pinch dried chilli flakes
Large pinch paprika
Salt and pepper
25g Gouda or Mozzarella cheese, finely grated
20g Parmesan, finely grated

Method

Preheat oven to 200C. Grease a 500ml capacity baking dish.

Tip the quinoa and stock into a small sauce-pan, bring to the boil and simmer, covered, for approximately 15 minutes or until tender. Most of the liquid should have been absorbed. Stir at regular intervals to prevent sticking. Once cooked, transfer to a large bowl.

Meanwhile, steam the pumpkin for five minutes or until just tender. Drain, refresh with cold water and add to the bowl of quinoa.

Melt the butter in a small frying pan over a very low heat. Cook the leeks for two minutes or until beginning to softened but not coloured. Add the mushrooms and zucchini and cook for another eight minutes or until most of the moisture released from the mushrooms has evaporated.

Transfer to the bowl of quinoa along with the cherry tomatoes, spinach, basil, gouda/mozzarella and half of the parmesan. Whisk the egg with the chilli flakes and paprika and season well with salt and pepper. Pour over the veggie/quinoa mix and use a spatula to gently combine.

Spoon into the prepared baking dish and sprinkle over the remaining parmesan, along with an extra grind of salt and pepper. Bake for approximately fifteen minutes or until golden brown on top.

Serve warm or cold, either on it's own or with a salad and crusty bread.

*Source: A Taste Without Waste original.
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