



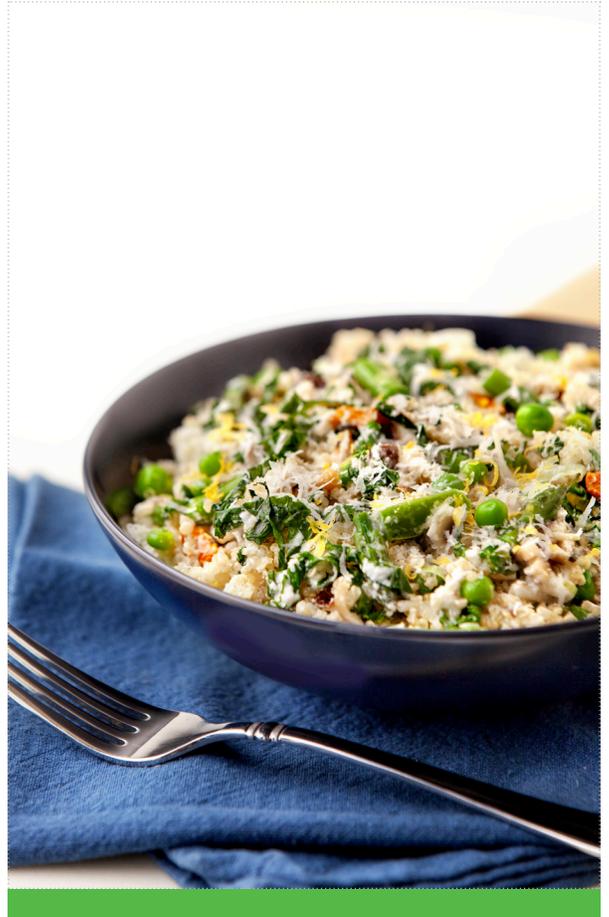
PANASONIC CYCLONIC RECIPE | SERVES 4

# MUSHROOM QUINOA RISOTTO WITH KALE & PARMESAN

We all know traditional risotto is a notoriously labour intensive dish, not to mention a luxuriously heavy meal from all the added butter and cheese. This quinoa version boosts the nutrition and flavour while cutting back on fat and time thanks to the Panasonic Cyclonic microwave.

## Ingredients

- 1 tbsp extra virgin olive oil
- ¾ cup leek, whites pieces only, finely sliced
- 1 garlic clove, finely minced
- 1 cup quinoa, rinsed and dried
- ½ cup dry white wine
- 1 ½ cups reduced sodium vegetable or chicken stock
- 3 sprigs of thyme, leaves only
- 8 oz wild mushrooms, stems removed and roughly chopped
- 1 tsp lemon zest
- ½ cup thin asparagus, trimmed and cut into 1 inch pieces
- ½ cup frozen baby peas, thawed
- ½ cup frozen finely chopped kale, thawed
  
- 1 tsp lemon juice
- ¼ cup part-skim ricotta (or more, for a creamier texture)
- 2 tbsp parmigiano reggiano cheese, finely grated (plus more for serving, if desired)
- Salt and pepper, to taste



## Instructions

- 1 Add a tablespoon of olive oil, ¾ cups of sliced leek and 1 clove of minced garlic to a large microwave safe dish. Cover it with microwave safe plastic wrap and cook on HIGH for 2 minutes.
- 2 Next add in 1 cup of rinsed dried quinoa and toss it to coat in the oil. Then add in ½ cup of dry white wine, 1 ½ cups reduced sodium vegetable stock, the leaves from 3 sprigs of thyme, 8 oz of chopped wild mushrooms and 1 tsp lemon zest. Cover with plastic wrap, press the SENSOR COOK button and press the PLUS button until you reach option 5 QUINOA. Press START.
- 3 When you hear the TWO BEEPS and see the instructions to STIR, remove the bowl, carefully uncover and stir the quinoa. Cover again, return to the microwave and press START to continue.
- 4 In the last minute of cooking (you will see a countdown), remove the bowl, add ½ cup of trimmed asparagus pieces and re-cover. Continue to cook for the remaining minute.
- 5 Once complete, remove the plastic wrap, add in ½ cup each of frozen thawed baby peas and frozen thawed finely chopped kale, 1 tsp of lemon juice, ¼ cup of part skim ricotta, and 2 tsp parmesan cheese. Cover again in the plastic wrap and allow to sit covered for 5 minutes.
- 6 Finally, season with salt and pepper, transfer to serving bowls and top with additional cheese before serving.