

Leek and pea quinotto

Serves 4



Ingredients

- | | |
|---|--|
| <ul style="list-style-type: none">• 25g unsalted butter• 1 tbsp olive oil• 2 medium leeks, trimmed, halved and finely sliced• 2 garlic cloves, finely chopped• 2 tsp fresh thyme leaves• 300g quinoa | <ul style="list-style-type: none">• 150ml white wine• 700ml hot vegetable stock• 150g peas, defrosted• 4 tbsp chopped fresh parsley• 2 tsp lemon juice• 40g parmesan shavings |
|---|--|

Method

1 - Heat the butter and oil in a large frying pan. Add the leeks and gently cook for 5 minutes, until softened but not coloured. Add the garlic and thyme and cook for a further 2 minutes.

2 - Add the quinoa and stir well so it's coated in the oil. Add the wine and bubble off rapidly. Add the stock to a separate medium pan and gently simmer. Add a ladle of stock to the frying pan, then simmer and stir until almost all of it has been absorbed. Continue to add the stock a little at a time.

3 - When all the stock has almost been absorbed, add the peas and simmer for another 5 minutes until the quinoa is tender. Season to taste, then stir in the parsley and lemon juice and serve in a bowl scattered with the parmesan.



Recipe from Sainsbury's brought to you by