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Leek and mushroom sauce



Ingredients

16fl oz. vegetable or chicken stock
8fl oz. water
7oz. quinoa, rinsed
Black pepper
4 tbsp. chopped fresh flat-leaf parsley
1fl oz. vegetable oil
2 leeks, thinly sliced
8oz. shitake mushrooms, halved
2 red capsicum, chopped
2fl oz. white wine
2 ½ oz. walnuts, chopped

Preparation

- 1 Add the broth, water and quinoa to a saucepan and bring to a simmer. Cover and cook until the liquid has been absorbed and the quinoa is tender. Remove from the heat and stir in the black pepper and parsley.
- 2 Sauté the leeks in heated oil in a pan until they are tender. Add the mushrooms, capsicum and wine and cook until all the vegetables are tender. Season with salt and pepper as desired.
- 3 Place the quinoa in a serving bowl and top it with the leek and mushroom sauce. Garnish with ther chopped walnuts and serve.

Cooks Note
