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by ewfood

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