

## **Quinoa/Chicken Risotto**

## **Ingredients:**

<b>Amount</b> (1, .50 , 8)	Unit (cup, Tbsp, g, ml)	Item (egg, chaya leaves, sugar)	Preparation (crushed, diced, whole)
2	tbsp	olive oil	
2		chicken breast	boneless, split and cut into strips
1	medium	onion	diced
10	cloves	garlic	diced
1		leek	thinly sliced
1	tsp	cumin seeds	
1		pasilla chili	roasted, peeled, seeded and chopped
2		fresh tomatoes	chopped
1	cup	quinona	
1-3/4	cups	water	
		salt & pepper to taste	
2	tbsp	Parmesan Cheese (optional)	
		fresh cilantro for garnish	

## **Recipe Instructions:**

- 1. Heat olive oil in a saucepan and sauté chicken strips for 2 minutes. Remove chicken and set aside.
- 2. Sauté onion, garlic and leek in the same pan for 3 or more minutes.
- 3. Lightly toast cumin seeds for 30 seconds.
- 4. Add cumin seeds, chili, tomato and quinoa. Stir well.
- 5. Add water and bring to a simmer.
- 6. Add chicken and simmer, covered for 10 minutes
- 7. Check to see that everything is cooked and season with salt and pepper to taste.
- 8. Serve garnished with cheese and cilantro, as desired.

http://edn.link/zye6t3