



Beetroot and Quinoa Risotto

Serves 2

Warm and grounding, this colourful and earthy sweet risotto provides a nutrient dense, low-inflammatory and nourishing alternative to a traditional white rice risotto.

Packed with essential nutrients such as vitamins A, C and iron, beetroot is particularly protective for the cardiovascular system and valued for its blood-building properties. Its rich, deep pigment indicate its potent anti-oxidant content while also embuing our food with vibrant and uplifting colour. Though it shines as a superfood star, as with all root vegetables, beetroot provides us with a comforting and familiar grounding energy.

Known as “the mother of all grains” by the Incan Empire, quinoa is a wonderful source of protein, one of the only plant sources to provide all 9 essential amino acids. Also a great source of fibre, magnesium and B vitamins, quinoa has a stabilizing influence on blood glucose, making it a great base for a wholesome risotto.

Ingredients

Organic quinoa, cooked	200g	French thyme	5g
Steamed or baked beets, puréed	150g	Vegetable stock	100ml
Fresh beets, diced finely	80g	Parmesan cheese, grated	15g
Garlic, chopped	20g	Black pepper, cracked	to taste
Onion, chopped	40g	Extra virgin olive oil	30ml
Leek, chopped	30g	Salt	to taste
Celery, chopped	20g		

Garnish

Arugula leaves or micro greens	50g
Steamed beets, wedges	100g
Feta cheese	30g
Pumpkin seeds, toasted	20g
Frozen green peas	80g
Balsamic vinegar	1 teaspoon
Olive oil	2 teaspoons



Method

Lightly sauté onion and garlic in olive oil for 2-3 minutes in a thick bottom pan. Next, add the thyme, leek and celery and continue to cook for a further 2 minutes. Add vegetable stock and simmer lightly until slightly reduced. Stir in the fresh diced beets and cook for a further 2-3 minutes. Add the cooked quinoa and beetroot puree and continue to cook for 4-5 minutes until a risotto-like consistency has been achieved.

While the risotto is cooking, prepare your garnish. In a clean pan, lightly sauté the green peas in a little olive oil for 1-2 minutes. Place your steam beetroot wedges in a small bowl and drizzle with balsamic vinegar and olive oil.

Once your garnish is prepared, remove the risotto from the heat, stir through the parmesan cheese and season to taste with salt and pepper.

Divide the risotto on to two separate plates. Place the boiled beet wedges and sautéed green peas on top. Sprinkle over the feta cheese and pumpkin seeds for additional flavor and crunch. Garnish with arugula leaves or micro greens.

Additional ideas: For more texture, serve with mixed seed crackers.

Recipes for Healthy Living

“Let food be thy medicine and medicine be thy food.” Hippocrates

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