

## **Roasted butternut, spinach and goats cheese quinoa 'risotto'**

For six, takes 30 minutes

- \* Butternut - 1, seeds removed and cut into 2cm dice
- \* Onion or leek – 2, diced
- \* Butter – a knob
- \* Garlic – 4 cloves, peeled and sliced
- \* Quinoa - 400g
- \* Cider vinegar - 2 tsp
- \* Lemon – zest and juice of 1
- \* Salt – 1 tsp
- \* Dried oregano - 2 tsp
- \* Vegetable or chicken stock - 1 L
- \* Baby spinach - 300g
- \* Goats cheese - a log / 150g, cut into 1cm dice
- \* Parmesan – plenty, to serve

Preheat the oven to 220 degrees C.

Toss the butternut in olive oil, 1 tsp dried oregano, salt and pepper. Roast in the oven for 20 minutes, or until golden and tender.

Melt a wedge of butter in a large, heavy based saucepan and fry the onion or leek until soft. You can add a splash of water then cover the pan and leave things to steam for ten minutes if you prefer.

Add the garlic and cook for a couple of minutes. Then stir in the quinoa with the vinegar, lemon zest, juice, remaining oregano and salt until everything is well mixed.

Add the stock and bring to a low simmer. Cover the pan and cook for 15 minutes.

After 15 minutes the quinoa should be nicely al dente. If it looks too dry, add a little extra water or stock. Stir in the spinach until it is evenly distributed. Then stir in the butternut and the goats cheese.

Serve with plenty of parmesan and black pepper.

