

Spring vegetable quinoa risotto with caramelised leeks, peas and courgette

Serves 1, takes 20 minutes

This is a veggie packed, simple and satisfying supper. The secret here is burning the leeks. Really. I usually forget about them for about thirty seconds too long, meaning they stick to the bottom of the pan. This is the good stuff, and what will give your quinoa a deeper flavour.

- * Olive oil - a glug*
- * Leek - 1 small, finely sliced*
- * Parsley - a small handful, chopped*
- * Garlic - 1 clove, finely sliced*
- * Quinoa - 1/4 cup*
- * Cider vinegar - 1/2 tsp*
- * Lemon - juice of 1/4*
- * Fennel seeds (optional) - 1/4 tsp, ground*
- * Salt - 1/4 tsp*
- * Peas - 250g (unpodded weight - a couple of handfuls podded)*
- * Courgette - half, sliced into thin rounds*

In a medium pan, heat the olive oil on quite a high heat. Add the leek with a dash of water, cover and leave for five minutes or so. Meanwhile chop the parsley, and throw the chopped stalks in with the leeks. Keep the leaves for later.

After five minutes the leeks should be nicely browned and probably sticking to the bottom of the pan. Turn down the heat to medium. Add the quinoa, garlic, vinegar, lemon, fennel seeds and salt and scrape everything together. Don't worry if the leeks are still sticking. Next add 3/4 cup of water. Everything will sizzle a little, and you'll be able to scrape all the leeky goodness from the bottom of the pan.

Give everything a good stir, then tidy up the pan by scraping down the sides and pressing the quinoa down as much as you can. Cover and leave to simmer for ten minutes.

Add the peas and courgettes to the pan without stirring, so they're sitting on top of the quinoa. Season with a little salt, cover the pan again and leave for another five minutes.

By this time the peas should be cooked through and the quinoa al dente. Add a touch more water and steam for a couple more minutes if things aren't done.

Finally stir in the chopped parsley leaves and mix everything together. Add black pepper and check for salt.

Serve with a whole load of grated parmesan. You could add goat or sheep cheese if you feel so inclined.