

# Food Babe's Asparagus Lemon Quinoa Risotto



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	35 mins	45 mins	2

<https://foodbabe.com/asparagus-lemon-quinoa-risotto>

## Ingredients:

- ½ head cauliflower, chopped
- 2 tablespoons coconut oil
- ½ pound asparagus, trimmed, 1" chopped
- ½ small yellow onion, diced
- 2 teaspoons garlic cloves, minced
- ½ cup quinoa, cooked
- 2 ¼ cups vegetable broth (without yeast extract)
- ½ teaspoon curry powder
- 1 teaspoon lemon zest
- 2 tablespoons fresh parsley
- ¼ cup sour cream
- ¼ teaspoon sea salt
- 1 pinch black pepper
- 1 pinch sea salt

## Instructions:

1. Heat your oven to 400° F. On a baking sheet toss the cauliflower with 1 tablespoon of oil. Season with salt and pepper. Bake for 20-25 minutes or until tender and slightly browned.
2. While the cauliflower is cooking, bring a pot of water to boil and blanch the asparagus for 1 minute. Drain under cold water and set aside.
3. In a large saute pan, heat 1 tablespoon of oil until hot. Add the onion and saute for 3-5 minutes. Add in the garlic and saute 1 minute.
4. Add in the quinoa and salt and saute for 2 minutes.
5. Add in one cup of stock at a time, stirring after each addition until the liquid is absorbed and the quinoa is cooked.
6. When the cauliflower is done, toss with the curry powder and place in a food processor and pulse until it looks like the size of rice.
7. Add the cauliflower to the quinoa mix and fold in the lemon zest, cashew cream or sour cream and asparagus. Continue to cook 2-3 minutes.
8. Top with fresh chopped parsley and serve.
9. To make cashew cream: Place ½ cup cashews, ¼ cup water and pinch salt in a blender and mix until a thick consistency is formed. \*There will be some cream leftover if you wish to add more to the recipe or use for leftovers.

## Notes:

- Please choose all organic ingredients if possible.