



Quinoa macaroni and cheese, accompanied with chicken and sun-dried tomato



Chef Rose Reisman (Canada)

Serves: 6

Ingredients:

1 cup (250 g) quinoa
1 ½ cups water or low salt chicken stock
175 g chicken breast, in pieces
2 tbsp flour
½ cup sun-dried tomatoes
(previously rehydrated), chopped
½ cup (45 g) low fat feta cheese

For the sauce

1¼ cups 2% milk
¼ cup chicken stock
2 tbsp flour
½ tsp Dijon mustard
Pinch of salt and pepper
¾ cup (65 g) grated cheddar cheese
2 tbsp grated parmesan cheese

For the topping

⅓ cup breadcrumbs
2 tbsp grated cheddar cheese
2 tbsp grated parmesan cheese
2 tsp olive oil

Preparation:

- Preheat the oven to 200 °C.
- In a small pot, add the quinoa and stock. Bring to the boil, cover and simmer for 15 minutes or until the quinoa is cooked. Set aside.
- Meanwhile, roll the chicken in flour and cook in a pan with a little vegetable oil. Cook for 3 minutes or until done. Add the quinoa, the sun-dried tomatoes and the feta. Place the mix into a 23 cm baking tin.
- To make the sauce, place in a saucepan the milk, stock, flour, mustard, salt and pepper. Whisk until the flour is has combined well with the other ingredients.
- Cook on low heat for 3 minutes or until the sauce is slightly thickened, stirring constantly. Add ¾ cup of cheddar and 2 tablespoons of parmesan. Whisk until smooth.
- Add the quinoa and mix.
- To make the topping, mix the breadcrumbs, grated cheddar, grated parmesan and olive oil.
- Sprinkle over the chicken with quinoa and bake for 10 minutes or until the topping browns.



Tip:

Chicken can be replaced by pork, beef or shrimp. Tofu can be used for a vegetarian dish.