

---

# Beetroot Risotto with Red Quinoa & Almonds



- ½ white onion, finely diced
- 1 tsp garlic, minced
- 2Tbsp olive oil
- 15g butter
- 150 grated beetroot
- 2 litres vegetable stock
- 200gm arborio rice
- 60gm red quinoa
- 4Tbsp [Food By Chefs Beetroot and Horopito Relish](#)
- Salt and pepper to taste
- 2Tbsp crème fraiche or sour cream
- 4Tbsp flaked toasted almonds
- 1 cup cress

Category: Recipe •

Tags: Dinner Lunch

---

## DESCRIPTION

1. Using a thick bottomed pot, sauté onion and garlic in the butter and oil until tender and lightly coloured.
  2. Add the rice, grated beetroot and enough vegetable stock to cover the rice.
  3. Each time the stock is absorbed add another cup of stock and continue to stir.
  4. Half way through the cooking process add the quinoa and 1 cup of stock.
  5. Continue to cook until the quinoa is tender with a little bite still.
  6. Season with and mix through the relish.
  7. Fold through the crème fraiche or sour cream and plate.
  8. Garnish with toasted almonds and cress.
-