Pea and Goats Cheese and Quinoa Risotto Recipe

To vamp it up a little (and make it look posh) I like to finish the dish with a drizzle of parsley oil. It is a great thing to keep in the fridge, to lively up daily dishes and makes great salad dressings. You can find the recipe for my coriander oil [**here**](http://tessward.com/hummus-carrot-dippers-coriander-oil/), which you can swap out for parsley. If you try it out, do let me know waht you think by leaving my a comment below.

**Serves 2**

* 500ml/2 cups vegetable stock
* 175g/ 1 cup quinoa
* 100g/1 heaped cup frozen peas
* 1/2 lemon, juiced and 1 teaspoon of zest
* 2 spring onions, finely chopped
* 1 tablespoon olive oil
* 1 clove garlic, finely chopped
* 1/4 cup crumbled goat cheese
* a small handful parsley leaves
* sea salt and freshly ground black pepper
* herb oil, to drizzle

Method

Fry the garlic in a little olive oil, then add the quinoa and lower the heat, coating the quinoa grains in the oil. After 2 minutes, add the stock (or water and half a good quality stock cube) and cover the pan with a lid.

Let the quinoa simmer for 15-20 minutes, (until cooked, but retaining a little texture and bite) then add the peas. Simmer another 2-3 minutes, until the peas defrost and then remove from the heat.

When the quinoa is cooked, mix through the lemon juice, zest and 3/4 soft goats cheese and half the parsley. Season with salt and pepper to taste.

Divide the risotto into a serving plates and top with the remaining goats cheese, parsley leaves and finish with a drizzle of herb, or olive oil.