



QUINOA GOURMET CASSEROLE



6 servings



30 min.



25 to 30 min.

INGREDIENTS

250 ml (1 cup) TIPIAK Quinoa Gourmet

430 ml (1 3/4 cup) water

15 ml (1 tbsp) olive oil

1 diced onion

1 jar of 170 ml (5 3/4 oz.) marinated artichoke hearts, drained and chopped

2 large garlic cloves, sprouts removed and finely chopped

1 170 g (1/3 lb) bag of fresh spinach, washed and chopped

125 ml (1/2 cup) 15% cooking cream

310 ml (1 1/4 cup) grated cheddar

125 ml (1/2 cup) freshly grated parmesan cheese

Juice of 1/2 a lemon

1 pinch spicy red pepper flakes

Salt and freshly ground pepper

COOKING INSTRUCTIONS

1. Cook the TIPIAK Quinoa Gourmet according to the directions on the packaging. Remove from heat and fluff with a fork. If you like, you can cook the quinoa in advance.

2. In a large pot, heat oil at medium heat. Add the onion and cook a few minutes, stirring occasionally, until translucent. Add the artichoke hearts, the garlic and the spinach. Stir and cook for 2 minutes, or until the spinach has wilted.

3. Add the quinoa to the pot with the cream, as well as half the cheddar and parmesan. Add the lemon juice, red pepper flakes, salt and pepper. Mix well. Pour the mixture into a 28 x 20 cm (11 x 8 inch) rectangular oven-safe dish.

4. Place the oven rack at the highest level. Preheat the oven on broil. Sprinkle the rest of the cheese on the dish and broil in the oven for approximately 3 to 5 minutes, or until the cheese is golden.