



## Consejo del chef

This recipe is pretty easy and perfect for family cooking with the little ones in the house. It feels great if you also enjoy this breakfast with Mulan's movie in the background.

## Raciones para 1

500 ml  
Vegetable stock  
250 g  
Quinoa  
150 ml  
White wine  
75 g  
Grated parmesan cheese  
1  
Pear  
  
Fresh parsley

- 1 Heat the quinoa in the pan for a couple of minutes and stir to prevent it from burning.
- 2 Add the white wine, turn up the heat and let the alcohol evaporate for a minute.
- 3 Add the vegetable stock to the quinoa slowly to hydrate the seeds, and stir for about 10-12 minutes.
- 4 Meanwhile, peel and dice the pears.
- 5 When the quinoa is almost ready but still soupy, add the grated parmesan. Stir and cook for a couple of minutes.
- 6 Remove from heat and place on the plate with the pear cubes on top and some fresh parsley sprigs.

# Chef's Notes

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<https://cookinglovers.teka.com/es/receta/falso-risotto-de-quinoa-y-pera/>

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