

# Quinoa of Anjou and roasted vegetables

## 1 Ingredients: (8 people)

### Quinoa:

400g quinoa  
100g butter  
1 chopped onion caramelised in butter  
2 litres vegetable stock  
1 bunch chervil  
1 bunch flat-leaf parsley  
Baby mustard greens  
Sprouted seeds/bean sprouts  
Rocket pesto

### Roasted vegetables:

500g parsnip  
16 tuberous chervil roots  
8 Jerusalem artichokes  
2 coloured beetroot  
500g squash

## 2 Method:

### Quinoa:

Soak the quinoa in cold water for an hour. Rinse under a tap of running water. Transfer the quinoa to a pan of cold water (do not add salt) and cook for 8 minutes (take care not to overcook). Remove from heat and cool down with cold water, then set aside.

In a frying pan, melt the butter and add the caramelised onion. Incorporate the quinoa. Salt lightly and allow to brown slightly. Set aside. In a previously buttered cocotte (mini casserole dish), add 100g of quinoa, 50g of vegetable stock and cook at 180°C in a convection oven for approximately 10 minutes. A light crust should form on the quinoa.

### Roasted vegetables:

Take the tubes and cook in butter, rolling them around in the pan. Season. Deglaze gently with vegetable stock. Set aside.

Peel the tuberous chervil roots and Jerusalem artichokes, giving them an even and attractive shape. Cook in butter in a pan until nicely golden and then deglaze with vegetable stock. Set aside.

Cut thin slices of beetroot using a mandolin. Store in ice.

### Gourmet salad:

Remove the stalks from the herbs, mix in a bowl and drizzle with olive oil. Set aside.

### Roasted vegetable jus:

Roast all the vegetable trimmings in butter and moisten with the vegetable stock. Cook for 20 minutes. Strain and set aside.

## 3 Presentation:

In the mini casserole dish, add small drops of rocket pesto all over the quinoa.

Place 4 vegetable tubes on the quinoa.

Add the roasted vegetables (tuberous chervil roots, Jerusalem artichokes). Drain the vegetable petals and arrange on top of the vegetables. Season with olive oil.

On the very top, add the gourmet salad and season with a touch of fleur de sel and ground pepper.

Jus of roasted vegetables: allow guests to add roasted vegetable jus as desired.

Serve  
immediately

**Brittany Ferries**

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