



Quinoa and nuts stuffed chicory leaves

Ingredients (serves 1)

- 1 tbsp of quinoa
- 4 chicory leaves (or endives)
- 50 g mushrooms
- 10 g peeled almonds
- 1 tomato
- 25 g fresh cheese (lactose-free in case of intolerance)
- 1 lemon
- Fresh coriander leaves
- Extra virgin olive oil

Method

1. Boil the quinoa in abundant water with salt for approximately twenty minutes. Drain and cool.
2. Chop the mushrooms and sauté in a pan with a few drops of olive oil. Cool down.
3. Cut the tomato and the fresh cheese into small cubes.
4. Mix the quinoa with the tomato and the mushrooms. Dress with a vinaigrette made by mixing together olive oil, lemon juice, chopped almonds and chopped coriander.
5. Stuff the chicory leaves with the mixture and serve with cheese cubes on top.