

Lobster and Quinoa Risotto

Yields: 4 servings Preparation Time: 40 minutes

Ingredients

2 bell peppers
6 oz lobster leg and claw meat
2 cups quinoa
4 cups vegetable stock
2 tablespoons olive oil
1 red onion, diced
1 garlic clove, minced
1 cup frozen corn
¼ cup fresh basil
Salt and pepper



Instructions

1. Roast the peppers by placing them over an open gas flame or under your broiler in the oven. Turn the peppers during the cooking process to char all sides.
2. Put peppers in a bowl and cover tightly with plastic wrap. Allow peppers to cool for 15 minutes. Using your hands, peel off the charred skin. Discard the cores, stems, and seeds. Dice the peppers and set aside.
3. Put quinoa into a fine strainer and rinse under cold water. Drain thoroughly.
4. Bring vegetable broth to a boil in a medium saucepan. Meanwhile, heat oil in a large saucepan over medium-high heat. Add the onion and garlic to the oil and cook for four minutes until tender. Add the paprika and quinoa and cook for about two minutes stirring until quinoa is coated with oil and vegetables.
5. Pour hot broth over quinoa and bring to a simmer, stirring occasionally. Season with salt and pepper. Cook for 8 minutes, stirring frequently until most of the liquid is absorbed, but the quinoa is still moist.
6. Add corn, roasted peppers, and lobster to the quinoa and cook for about three minutes, until heated through. Add the basil and cook the risotto gently for about two minutes longer, until the risotto is slightly moist and creamy. Stir often.