

Wild Quinoa Mushroom

INGREDIENTS

1 portobello mushroom

1 egg

Quinoa

Onion

Cherry tomatoes

Jalapeño

Garlic

Spices

Olive oil

DIRECTIONS

Preheat your oven to 180°F

Prepare a pot of water for your quinoa.

Scrap the inside of your mushroom clean. Remove the stalk and inner layer. Place it face down on a baking sheet and drizzle over some olive oil and place it in the oven for 10 minutes.

Now time to multi task a bit. Start to cook your quinoa (which should be about 15 minutes). While all that is cooking, start to slice your onion, and chop your tomatoes, jalapeño and garlic. Have a pan ready to sauté the onions, garlic and tomatoes. Add in whatever spices you desire. I added in my usual plus paprika. Once they're just about done, add in the jalapeño so warm it up a bit.

By now your quinoa should be done and your mushroom. Place your sautéed veggies in with the quinoa and mix together. Place your quinoa mixture into the open part of the mushroom. Be sure to leave a centre for your egg.

Crack an egg into the centre of your creation. Place it back in the oven until your egg is cooked.

Once removed from the oven, sprinkle paprika and drizzle olive oil to complete your dish.