Quinoa and wild rice risotto

* 1/4 cup red quinoa
* 1/4 cup [wild rice](http://www.greenhillsorganics.com.au/cambrian-wild-rice-100g.item)
* 1/4 finely chopped onion
* 1 clove finely sliced garlic
* 1 huge flat field mushroom, sliced (I use butternut squash sometimes)
* A big handful of baby spinach leaves
* 2 cups boiling water (can use chicken or vegetable broth for more flavor)
* 2 tablespoons of mixed pine nuts, pepitas and sunflower seeds
* 1 teaspoon dried oregano
* 1/2 cup microgreens

Boil a full kettle of water (broth) so you have some near-boiling - ready to go for the rice and quinoa.

Heat a little oil (I use coconut or avocado oil) in a saucepan and sauté the garlic and onion until browned. Add the mushroom (or butternut squash), let it brown for a few minutes, then and a little hot water, just a couple of tablespoons, to get all those lovely flavors mingling. Add the oregano, and salt and cracked pepper to taste.

Add the quinoa and wild rice and two cups of boiling water. Bring to the boil then cover and reduce to a simmer. Give it a stir every now and then. It should take around 15 minutes, slightly less if you are using white quinoa. If all the water is absorbed after 15 minutes but the quinoa and rice is still a bit crunchy, just keep adding small amounts of boiling water till you see the wild rice to start splitting and showing some of its white insides, and the little white spiral germ of the quinoa springing out of the grains.

Add the spinach during the last few minutes of cooking so that it wilts down. Serve topped with the nuts and seeds and microgreens and for a complete meal – serve over spaghetti squash.

Serves 1 hungry hippo or 2 people who like small portions.

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Note: some people recommend washing quinoa first as they have found it to be bitter. Can't say I've ever noticed any bitterness, but feel free to give yours a rinse in a fine sieve before cooking.