



Stuffed mushrooms



Chef Rubén Vega Soler (Ecuador)

Serves: 4

Ingredients:

1 red pepper
1 yellow pepper
1 pearl onion
1 bay leaf
3 tsp tomato paste
½ tsp Spanish paprika
1 cup quinoa
3 cups light chicken stock
√200 g fresh mushrooms
Olive oil
Dried herbs
Salt
Pepper

Preparation:

- Dice (brunoise) the peppers and onion. Gently fry for a few minutes.
- Add the bay leaf, paprika and tomato paste. Salt and pepper to taste. Set aside.
- Cook the quinoa in the chicken stock until tender, then combine with the fried peppers and onion.
- Clean the mushrooms and fill the caps with the above mixture.
- Place in the oven for 5 minutes.
- Serve with olive oil and herbs (rosemary, thyme, curly parsley and marjoram).