

# Roasted Beet Quinoa with Caramelised Onions and Bordeaux Reduction

Amazing taste sensation. This Bordeaux reduction perfectly complements the roasted beets and ties all of the wonderful flavours together.



Prep time  
25 min

Cook time  
1.5 hours

## Ingredients

### Roasted beets, Quinoa and Caramelised Onion

4 medium beets  
2 carrots  
1 ½ Tbsp olive oil  
Salt and pepper

1 ½ cups quinoa  
2 cups veggie stock

4 large onions, diced  
1 ½ Tbsp olive oil  
2 Tbsp balsamic vinegar  
1 Tbsp sugar

### Bordeaux Reduction

½ red onion diced  
1 Tbsp olive oil  
¾ cup Bordeaux wine  
½ cup vegetable stock  
2 Tbsp balsamic vinegar  
1 tsp rosemary  
½ tsp dried coriander  
1 clove garlic  
1 Tbsp arrowroot (dissolved in a tablespoon of water)

Serves 5

## Directions

### Roasted Beets

1. You can prepare the beets and carrots the night before if you would rather and put them to the refrigerator for use the next day.
2. Preheat the oven to 175°C/350°F
3. Peel and cut the beets and carrots into chunks. Toss them in olive oil and salt and pepper to taste.
4. Cover and roast for about 1 hour. The time depends on the size of the pieces. I usually take them out when they are still quite firm.

### Bordeaux Reduction

1. Dice the onion and in a saucepan, on high heat, lightly sauté in oil for about 3 minutes, until they just start to soften up.
2. Turn down the fire to a medium heat, add the wine, veggie stock, balsamic vinegar and all of seasonings, except the arrowroot and bring to a boil. Lower the heat and simmer for about 20 minutes, until the liquid reduces by about half. Once the liquid has reduced by half, add in the arrowroot and stir on low until it thickens, about 2 minutes.

### Caramelised Onions

1. Usually caramelized take a long time to prepare 'properly', yet in an effort to prepare this dish in time for dinner I have tried to speed up the process a bit. In a frying pan on medium heat, cook the onions in oil until for 30 minutes, until they become translucent and lightly browned. Add the sugar and balsamic vinegar. Cook off the liquid and continue to simmer for 10 minutes, you will need to stir them frequently so they don't stick to the pan and burn. Once the onions are done add in the roasted beets and the Bordeaux Reduction. Cook for 10 additional minutes to blend the flavors and cook off a bit more of the liquid.
2. Rinse the quinoa well. Put it in a medium saucepan with the water and seasoning, cover and bring to a boil. Reduce the heat, continue to cook for 15 minutes, stirring occasionally, until it becomes translucent on the outer edge while still have a white center. Once cooked mix it together with the Bordeaux reduction and vegetables and serve.

## Food Facts

Beets contain high levels of nitrates which have been found to lower blood pressure. Beets provide a good source of iron and are alkaline, which helps to keep your body's pH in balance. When looking to eat whole food that span the rainbow beets will always fit the bill.

