

# Easy Vegan Italian Quinoa Risotto

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-tofu-marinade-recipe>

## Ingredients:

- 2 cups cooked quinoa
- 5 medium tomatoes
- 2 tablespoons olive oil
- 1 zucchini courgette
- 1 basil generous handful
- arugula heap of rocket
- 1 garlic clove chopped
- 1 can chickpeas cooked and drained
- 200 grams tofu 1 pack of smoked, sliced thinly
- grated cheese Optional, I used Violife Mediterranean Style block
- 1 pinch salt

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 54 grams
3. Fat: 12 grams
4. Fiber: 9 grams
5. Protein: 16 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 430 milligrams
8. Sugar: 6 grams

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