SHOPPING LIST

# Herbed Quinoa Salad with Roasted Vegetables

Serves 4

- [ ] 200 g quinoa, rinsed
- [ ] 2 courgettes, cut into chunks
- [ ] 2 red peppers, cut into chunks
- [ ] 1 red onion, cut into wedges
- [ ] 3 tbsp olive oil
- [ ] Salt and black pepper
- [ ] A large handful each of parsley and mint, chopped
- [ ] 2 tbsp toasted pumpkin seeds

### Lemon-tahini dressing

- [ ] 3 tbsp tahini
- [ ] Juice of 1 lemon
- [ ] 1 small clove garlic, grated
- [ ] 3 to 4 tbsp water
- [ ] Salt

Tick off what you already have at home.