FRESH & COOL

Herbed Quinoa Salad with Roasted Vegetables

PREP	COOK	SERVES
20 min	30 min	4

Vegan Vegetarian

Fluffy quinoa with roasted courgette, peppers and red onion, fresh herbs, toasted seeds and a lemon-tahini dressing.

Ingredients

- 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

Method

1. Heat the oven to 210 C. Toss the vegetables with the oil, salt and pepper and roast on a large tray for 25 to 30 minutes until browned at the edges.
2. Cook the quinoa in 400 ml of salted water for 12 to 15 minutes until the water is absorbed. Fluff with a fork and leave to steam for 5 minutes.

3. Whisk the dressing ingredients until smooth and pourable.
4. Mix the quinoa with the roasted vegetables, herbs and half of the dressing. Top with seeds and serve with the remaining dressing.

Cook's tip

Rinse the quinoa well under running water before cooking. It removes the natural coating that can make it taste bitter.