



## ROAST VEGGIE AND QUINOA SALAD

ReFuel Spring 2018

Courtesy of: Katrina Bruch



### Method:

1. Preheat oven to 200°C.
2. Dice pumpkin and eggplant. Spread evenly on baking tray and drizzle with extra virgin olive oil.
3. Place tray in the oven, then turn down to 180°C and bake for 10 minutes before turning over. Continue to bake for a further 20 minutes or until golden brown.
4. Thoroughly wash quinoa then place in rice cooker or large stove pot with water and cook until all liquid is absorbed and quinoa appears soft. Fluff with fork.
5. Finely dice red onion and dice capsicum, cucumber, and avocado into bite-sized pieces.
6. In a small mixing bowl, combine all dressing ingredients and whisk well.
7. Combine vegetables, quinoa, and baby spinach in a large salad bowl and serve with dressing.

### Ingredients:

- 1 medium eggplant
  - 1 large red capsicum
  - 1 small red onion
  - ½ medium continental cucumber
  - 100g baby spinach leaves
  - 120g pumpkin (preferably Kent)
  - 1 small avocado
  - 190g tri-colour quinoa
  - 1 cup water
  - Extra virgin olive oil
- DRESSING**
- 3 tbsp extra virgin olive oil
  - 2 tbsp white vinegar
  - Pinch of salt and pepper

### Nutrition Information

Serves 3 people.

Nutrient	Per serve
Energy	2776 kJ
Protein	15 g
Fat	42.6 g
Carbohydrate	48.2 g
Fibre	14 g



### HOT TIPS

Perfect during summer or winter, switch up the roast veggies with seasonal produce. This salad can be great by itself or a side side, or additionally can be eaten with a lean meat/tofu for additional protein!