



QUINOA WITH ROASTED ROOT VEGETABLES

Ingredients

FOR THE SALAD:

- 4 beetroots, quartered
- 2 bunches baby carrots, trimmed, peeled
- 2 Tbsp olive oil
- 2 Tbsp honey
- 1 cup quinoa
- 2 cups water (for cooking the quinoa)
- 1/4 cup of water (for roasting the veggies)

FOR THE DRESSING:

- 1/4 cup olive oil
- 1 Tbsp honey
- 1 Tbsp lemon juice and zest
- 1 Tbsp mustard
- 2 Tbsp basil pesto
- 1 tsp garlic, chopped
- 1 tsp chilli, chopped
- 1/4 cup baby basil leaves
- 1/4 cup pomegranate seeds

Directions

1. Preheat the oven to 200°C
2. Place the beetroots and carrots in a large roasting pan. Drizzle with oil and honey, then pour over the quarter cup of water. Season with salt and pepper. Roast for 40 minutes, turning halfway, or until the vegetables are tender and golden.
3. Place the quinoa and 2 cups of cold water in a medium saucepan over a high heat. Bring to the boil. Reduce heat to medium and simmer, covered, for 15 minutes or until the water is absorbed and the quinoa is tender. Transfer to a large plate to cool.
4. For the dressing, mix the olive oil, honey, lemon juice, mustard, pesto, garlic and chili. Toss through the cooled quinoa. Spoon onto a platter and scatter with roast vegetables, baby basil leaves and pomegranate seeds.

We want to see how your Quinoa with roasted root vegetables came out, send us your pictures! sales@icon-foods.com