

# Quinoa & "feta" with roasted vegetables

(Serves 4)

## Ingredients

- 180g Quinoa
- 2 tbsps Oil, Olive, napolini
- 150g Onions, red, thickly cut
- 1 Pepper, red, deseeded & cut into chunks
- 1 Pepper, yellow, deseeded & cut into chunks
- 200g Courgettes, baby, diced
- 3 Garlic cloves, whole
- 1 Lemon - zest & juice of
- 1/4 tsp Sugar
- Handful Parsley, fresh chopped
- 200g Cheese, Greek salad lighter, cubed (Tesco)
- 80g Pomegranate seeds

## Preparation

1. Cook Quinoa following instructions on packet. Drain & set aside.
2. Preheat oven to 200°C/400°F/Gas Mark 6 (180°fan).
3. Heat 1 tbsp of the oil in a roasting tray.
4. Coat onions & peppers in the hot oil & roast for 10 minutes.
5. Toss in courgettes & whole garlic cloves & roast for a further 10 minutes.
6. When finger hot, squeeze garlic out of their skins. Mash in a small bowl.
7. Stir in the other 1 tbsp of oil, lemon juice & zest, & sugar.
8. Mix with the quinoa. Add roasted vegetables & the parsley.
9. Top with cheese & pomegranate seeds.
10. Serve.

**TOP TIP:** This dish is nice eaten cold, or with warm quinoa & vegetables. Great in a lunch box too.

## NUTRITIONAL VALUES

### PER SERVING

Calories 389

Total Sugars 9.2g

Total Fats 15.41g

Saturated Fats 5.09g

Salt 0.97g

Fruit & Veg 2.3