

Roast vegetables with quinoa and red pesto (vegan)

Preparation and cooking time 40 minutes

Ingredients:

- 1 red & 1 yellow pepper, 2 courgettes, 1 aubergine, 2 onions, 1 pack cherry tomatoes
- 1 can chickpeas, drained
- 1 tbsp. olive oil
- 1 cup quinoa
- 1 tsp vegetable bouillon powder e.g. Marigold (check to ensure it is vegan)
- 1 ½ cups sun-dried tomatoes in oil
- 1/2 cup flaked almonds
- 1 cup olive oil (use oil that tomatoes were stored in)
- 1 clove garlic, crushed or grated (optional)
- 2 handfuls fresh basil
- 1 tbsp balsamic vinegar
- ½ tsp cayenne pepper

Directions:

- Preheat the oven to 200C
- Chop the vegetables into bite sized pieces, toss in oil and spread out on a baking sheet. Cook for 25 – 30 minutes until cooked to your taste. Add the chickpeas to the tray for the last 5 minutes to heat through and season
- While the veg are roasting, place the quinoa in a saucepan with 1 ½ cups water and the vegetable bouillon. Bring to the boil, cover and cook for 10 minutes or until all water has been absorbed. Stir through with a fork and leave covered until ready to use
- Place the sun-dried tomatoes and almonds in a food processor and blend roughly. Then add the olive oil, garlic, basil, balsamic vinegar and cayenne and blend until smooth
- Place 2 – 4 tbsp. quinoa on a plate, top with a large portion of roast vegetables and chickpeas and drizzle with red pesto.

This dish is also great served cold as a salad.

If time is short, buy a good quality fresh red pesto like The Happy Pear brand, widely available in most supermarkets.