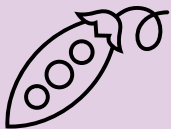


# Quinoa salad with chickpeas and roast vegetables



## Ingredients:

1-1 1/2 courgettes, roughly chopped  
1 red pepper, roughly chopped  
1 yellow pepper, roughly chopped  
2 red onions, roughly chopped  
Handful asparagus spears, rinsed and woody end trimmed  
1 pack cherry tomatoes  
2 tbsp olive oil  
1 cup quinoa  
1 clove garlic, finely grated or crushed  
2 cups of boiling water  
½ tsp vegetable bouillon (optional)  
1 tin chickpeas, drained  
2 cloves garlic, finely sliced  
1.2 red chilli, finely sliced or sprinkle dried chilli (optional)  
Handful fresh parsley, finely chopped  
Handful fresh basil, finely chopped  
2 tbsp extra virgin olive oil  
1 tbsp balsamic vinegar  
Salt and pepper to taste  
Goats cheese / fresh green pesto to serve

## Directions:

- Preheat the oven to 215°C/350°F/gas 4.
- Toss the courgettes, peppers, onions, asparagus and tomatoes in 1 tbsp olive oil and roast in the oven for 20 minutes. Be careful not to overcrowd the trays or vegetables will steam instead of roast.
- Heat a saucepan and dry roast the quinoa and crushed garlic for 2-3 minutes until lightly toasted, stirring regularly.
- Add boiling water and vegetable bouillon and cook for a further 10 minutes until the grain has separated. Remove from heat and cool in a sieve.
- While quinoa and vegetables are cooking, heat a frying pan and gently fry garlic and chilli in remaining tbsp of olive oil for 1-2 minutes, then add in chickpeas, season and cook for a further 2-3 minutes to allow flavours to infuse.
- Allow chickpeas to cool. Put roast vegetables, quinoa and chickpeas together in large bowl, sprinkle over herbs, extra virgin olive oil and balsamic vinegar and gently mix. Serve as it is or topped with pesto or goats cheese.
- Also delicious hot.



Serves: 4-6



Prep: 15 mins  
Cook: 25 min