

Warm Vegetable and Quinoa Salad

Serves: **4 people**

Ingredients:

1 x red Capsium cut into 1 inch squares
2 x Zucchini cut into rounds on the angle
200g Jap pumpkin peeled and cut into small dice
1 x green capsicum cut into 1 inch squares
1 small to medium eggplant sliced
2 Tablespoons Extra virgin coconut oil
100g Quinoa
1 red onion finely diced
2 tablespoons chopped mint
100g kale finely sliced
2 tablespoons olive oil
2 limes zested and juiced.
50g thai basil leaves

Method:

1. Heat oven to 200 degrees
Combine red and green capsicum, pumpkin, eggplant and zucchini in a bowl and mix together with coconut oil. Line a baking tray with non stick paper and place vegetables evenly on tray , put into heated oven and roast for 15-20 minutes.

Meanwhile rinse the quinoa in cold water and then add to a medium sized pot of boiling water and cook for 8-10 minutes, drain well.

Place diced red onion, chopped parsley, kale, thai basil, lime zest and juice and olive oil, mix together well and check for seasoning.

Place onto a serving platter and scatter roast vegetable on top, serve immediately.

