



Roast Mediterranean Vegetable, Feta & Quinoa Salad

4 portions | v, gf, wf

One of the best things about this salad is that it can be made in bulk on the weekend for lunches all week and it won't go soggy! It's also full of plenty of vegetarian protein and fibre to keep your gut bacteria healthy & happy.

Ingredients:

1 red capsicum
1 medium eggplant
1 small sweet potato
1 red onion
1 tsp ground cumin
pepper, to taste
1 tbsp olive oil
1 cup (200g) quinoa
200g baby spinach
400g tin chickpeas, drained and rinsed
200g feta



Method:

Preheat oven to 200 degrees celsius. Line two large baking trays with baking paper.

Chop all vegetables except spinach into small cubes then lay on trays, season with cumin and pepper and drizzle with olive oil.

Bake in oven for about 30 minutes or until cooked and slightly browned. Meanwhile, cook the quinoa according to packet instructions.

Place all ingredients in a large bowl while still warm, toss to combine.

