

## PUMPKIN, BEETROOT AND QUINOA SALAD

- ½ cup quinoa
- 2 cups water
- ½ pumpkin, chopped into small pieces
- 2-3 large beetroot, chopped into small pieces
- olive oil for roasting
- juice and grated rind of 1 large lemon
- 3 tablespoons olive oil
- 3 spring onions, chopped finely
- 100g feta cheese
- large bunch parsley, chopped
- 2 tablespoons each of pumpkin and sunflower seeds



Place pumpkin and beetroot in two separate dishes lined with cooking paper, drizzle olive oil over each dish, season with sea salt and pepper. Roast in oven at 180 degrees Celsius for 40-50 minutes until firm but cooked.

While oven is still warm, put pumpkin and sunflower seeds in to roast for 5-10 minutes.

Boil quinoa in water with a ¼ teaspoon sea salt until the water is almost absorbed. Turn off heat, put the lid on and leave for 10 minutes to steam through and cool slightly.

Combine cooked quinoa, lemon juice and rind, spring onions, parsley and olive oil and mix well.

To serve, layer the quinoa mixture on the base of the plate. Add roasted pumpkin next, then beetroot carefully (beetroot stains everything, so once it's on the plate you don't want to disturb it).

Crumble the feta cheese over the salad and garnish with pumpkin and sunflower seeds.

This is a generous dish, and due to the inclusion of quinoa could feed 4 people for a vegetarian main course easily. According to the USDA nutrient database, 1 cup of cooked quinoa (185 g) contains 8.14 grams of protein.

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