

Quinoa & Roasted Vegetable Salad

Salade de quinoa et légumes rôtis

30 min

Easy

380 kcal per serving

Lunch

Dinner

Vegan

Gluten-Free



Ingredients

FOR ONE SERVING

Quinoa (<i>Quinoa</i>)	100 g
Bell pepper (<i>Poivron</i>)	1
Zucchini (<i>Courgette</i>)	1
Cherry tomatoes (<i>Tomates cerises</i>)	100 g
Olive oil (<i>Huile d'olive</i>)	2 tbsp
Lemon (<i>Citron</i>)	1

Nutrition facts

PER SERVING

Calories	380
Protein	12 g
Carbohydrates	48 g
Fat	16 g
Fiber	8 g

Preparation

- 1 Rinse the quinoa under cold water, then cook it in a saucepan with twice its volume of water until tender and the water is absorbed, about 12 to 15 minutes.
- 2 While the quinoa cooks, preheat the oven to 220°C and line a baking tray with parchment paper if needed.
- 3 Cut the bell pepper and zucchini into bite sized pieces, then halve the cherry tomatoes.
- 4 Toss the vegetables with olive oil, a pinch of salt, and a little pepper, then spread them on the tray in a single layer.
- 5 Roast for 15 to 18 minutes, stirring once halfway through, until the vegetables are tender and lightly browned.
- 6 Transfer the cooked quinoa to a large bowl, add the roasted vegetables, and mix gently.
- 7 Add the lemon juice over the salad, taste, and adjust with a little more salt and pepper if needed.

GOOD TO KNOW

Let the quinoa rest covered for 5 minutes after cooking, then fluff it with a fork for a lighter texture.