

# Quinoa Bowl With Roasted Garden Veggies

Bialik College Kitchen Garden Program

## Ingredients:

- 1 cup quinoa
- olive oil
- salt/pepper
- 4 carrots, 2cm sliced
- ½ teaspoon ground cumin
- 1 large sweet potato, 2cm sliced & quartered
- 2 beetroots, cooked
- 2 teaspoons honey
- 2 teaspoon balsamic vinegar
- 2 teaspoons fresh thyme
- 2 cups broccoli, cut into florets
- 2 cloves garlic, finely chopped
- cress, toasted seeds, edible flowers for garnish

## Equipment:

- baking tray
- baking paper
- saucepan with lid
- wooden spoon
- chopping board
- knife
- bowls to serve

## Method:

1. Preheat oven to 200C.
2. Place your cut carrots into a bowl with ½ teaspoon ground cumin and drizzle some olive oil and salt/pepper and place on a baking tray covered with baking paper.
3. Place sweet potato in a bowl with a drizzle of olive oil and salt and pepper. Place on tray next to carrots.
4. Place broccoli florets with 2 teaspoons of olive oil, garlic and salt and pepper and place on a second tray covered with baking paper.
5. Cut beetroot into 4-6 wedges and place in a roasting tray. Mix together the honey, olive oil, balsamic vinegar

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- and thyme. Drizzle over beetroot and roast for 25 minutes.
6. Roast carrots & sweet potato for 30-45 mins. approx..
  7. Roast broccoli for 20 minutes approx..
  8. To cook quinoa:
  9. Rinse 1 cup quinoa in a sieve for a few minutes.
  10. Place in a saucepan with 1 ½ cups of water and 1 teaspoon salt. Bring to the boil and then turn down heat to low and place lid on. Cook for 15 minutes and then turn off heat and set aside for another 5 minutes.
  11. Fluff up with fork and place in a bowl to cool.
  12. To assemble the bowls, divide the quinoa into 4 bowls, as well as the sweet potato, broccoli, carrots and beetroot. You can leave everything separate in the bowl or mix it all together.
  13. Place garnish on top and serve.