

# LEMON GARLIC ROASTED ASPARAGUS & QUINOA SALAD

SERVES 4  
PREP 20 MIN | COOK 20 MINS

## Ingredients

### For the Lemon Garlic Roasted Asparagus

- 1 bunch of fresh asparagus spears, trimmed
- 2 tbs olive oil
- 2 cloves garlic, minced
- Zest of 1 lemon
- Salt and black pepper, to taste
- Juice of 1 lemon (for drizzling after roasting)

### For the Quinoa Salad

- 1 cup quinoa, rinsed and drained
- 2 cups water or vegetable broth
- 1 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh mint, chopped (optional)
- Juice of 1 lemon
- 2 tbs extra-virgin olive oil
- Salt and black pepper, to taste



# LEMON GARLIC ROASTED ASPARAGUS & QUINOA SALAD CONT.



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## Method

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### 1. Roast the Asparagus:

- Preheat your oven to 220°C.
- Place the trimmed asparagus spears on a baking sheet.
- In a small bowl, whisk together the olive oil, minced garlic, lemon zest, salt, and black pepper.
- Drizzle the olive oil mixture over the asparagus and toss to coat evenly.
- Roast the asparagus in the preheated oven for about 12-15 minutes, or until they are tender and slightly caramelised.
- Remove from the oven and drizzle with lemon juice. Set aside.

### 2. Cook the Quinoa:

- In a medium saucepan, combine the rinsed quinoa and water or vegetable broth.
- Bring to a boil, then reduce the heat to low, cover, and simmer for 15-20 minutes, or until the quinoa is cooked and the liquid is absorbed.
- Remove from heat, fluff with a fork, and let it cool to room temperature.

### 3. Prepare the Quinoa Salad:

- In a large mixing bowl, combine the cooked quinoa, halved cherry tomatoes, diced cucumber, chopped red onion, chopped parsley, and chopped mint (if using).
- Drizzle with fresh lemon juice and extra-virgin olive oil.
- Season with salt and black pepper to taste.
- Toss everything together until well combined.

### 4. Serve:

- Arrange the Lemon Garlic Roasted Asparagus on top of the quinoa salad or alongside it.
- Garnish with additional lemon zest and fresh herbs if desired.

