



The Gathered Green

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QUINOA WITH ROASTED ROOT VEGETABLES & HERBS

Thank you to hollithompson.com for the inspiration towards this recipe, and for the photo below.

Serves 4 to 6

Ingredients

- 1 medium sweet potato, cut into 1.5 cm cubes
- 1-2 small turnips, cut into 1.5cm cubes
- ¼ large daikon (white radish), cut into small cubes or short sticks
- 4 medium sized carrots, cut into short sticks
- salt and freshly ground pepper
- 3 tablespoons of melted coconut oil
- ½ cup uncooked quinoa, rinsed well
- 1 ¼ cups of chicken stock (preferably home-made or with no artificial additives)
- 2 garlic cloves, minced
- freshly chopped thyme (approximately 1 teaspoon)
- freshly chopped basil (approximately 1 tablespoon)
- crumbled fetta





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Method

Preheat oven to 200 degrees Celsius.

Place sweet potato, turnip, daikon and carrots on a large tray lined with baking paper. Drizzle with coconut oil (or olive oil) and toss until vegetables are well coated. Season with salt and pepper. Roast in preheated oven for approximately 30 minutes, or until all vegetables are tender and golden. Remove from oven.

Meanwhile, combine quinoa, chicken stock, and a pinch of salt in a medium saucepan over high heat. Bring to a boil, reduce heat and simmer until the majority of the stock has been absorbed but there is still a little liquid in the pan.

Stir in the garlic and thyme. Continue to simmer gently until all liquid has been absorbed.

Season with salt and pepper to taste.

Combine quinoa and root vegetables in a large serving bowl, tossing gently to combine.

Sprinkle with basil and crumbled feta.

Enjoy!

Jane

