



## ROASTED VEGETABLE & QUINOA SALAD

Serves 6

4 large carrots, roughly chopped  
1 large red pepper, roughly chopped  
2 handfuls of cherry tomatoes or  
4 large tomatoes, halved  
1 large red onion, roughly chopped  
3 large beetroot, well scrubbed and  
chopped into smaller chunks or wedges  
1 tbsp ghee or coconut oil  
a handful of fresh herbs, such as thyme  
or rosemary or 2tbsp dried mixed herbs  
fresh leaves, such as rocket, lambs  
lettuce and watercress, to serve  
sea salt and black pepper, to serve

For the quinoa

250g quinoa  
250ml bone broth or water

For the Brazil nut pesto

12 Brazil nuts  
2 garlic cloves  
3 large handfuls of fresh basil  
300ml extra virgin olive oil  
4tbsp lemon juice/ 2 tbsp apple cider vinegar

Soak the quinoa - overnight ideally.

Preheat the oven to fan 200°C

Put the chopped vegetables in a single layer on a large roasting tray. Sprinkle with salt and pepper and add a dollop of ghee or coconut oil. Scatter over the herbs. Roast for 30-40 minutes or until the veg is tender (pierce with a knife to check). Halfway through the roasting time, use a wooden spatula to turn the veg.

Meanwhile, make the pesto. Blitz everything together in a food processor or with a hand blender (the more nuts you add, the thicker and creamier your pesto will be, but if you want it thinner, add more oil and lemon juice). Alternatively, grab a sharp knife and finely chop the garlic, basil and nuts, then whisk with the olive oil and lemon juice. Season to taste.

Bring the broth (or water) to the boil in a pan, add the drained quinoa and cook for 12 minutes.

Combine the quinoa and roasted veg in a big serving bowl, toss in the pesto and the fresh salad leaves.