

# Quinoa With Roasted Vegetables

## INGREDIENTS

- 1 medium red onion, sliced
- 2 medium zucchini, sliced
- 2 bell peppers (yellow or red), sliced
- 2 carrots, peeled and sliced
- 6-8 whole cloves garlic, peeled
- 3 1/2 tbsp olive oil
- 1 tbsp fresh thyme (or 1 teaspoon dried)
- Kosher salt
- Black pepper
- 1 cup quinoa
- 2 cups vegetable or chicken stock
- 1 tbsp balsamic vinegar
- 1/2 tsp Dijon mustard

## METHOD

1. Preheat oven to 218°C.
2. Place the onion, zucchini, bell peppers, carrots, and garlic on a large roasting pan. Drizzle with 1 1/2 tablespoons of olive oil. Sprinkle the thyme on top and season with a pinch of salt and pepper.
3. Roast in the oven until vegetables are softened and caramelized, 30-35 minutes. If you are using two baking sheets, rotate the pans halfway through.
4. While vegetables are roasting, make the quinoa. Place the quinoa and vegetable (or chicken) stock in a medium saucepan and bring to a boil over high heat. Cover the pot and reduce heat to low.

5. Simmer until cooked, 12-15 minutes. Season with salt to taste. Remove from heat and transfer quinoa to a large bowl.
  6. Add the roasted vegetables to the bowl.
  7. Whisk the remaining 2 tablespoons olive oil with the balsamic vinegar and Dijon mustard in a small bowl. Pour the dressing over the quinoa and vegetables and toss to combine. Serve warm or cold.
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