

## QUINOA, BROWN RICE AND ROAST VEG MEDLEY

- VG, EF, SOYF, GF, NF, SF

# 15

### INGREDIENTS

1 Cherry tomatoes  
 2 punnets (the heirloom medley or red and yellow ones look great)  
 2 Zucchini cut into batons  
 Half a butternut pumpkin peeled and diced  
 1 capsicum cut into strips  
 1 red onion cut into 8 pieces  
 Garlic 6-8 cloves  
 1 Tbsp. Olive oil  
 Tuscan seasoning or any herbs you like  
 1 Tbsp. Balsamic vinegar  
 1 packet of instant quinoa  
 1 packet of instant brown rice  
 Meredith goats cheese to crumble over the top

SERVES #

### METHOD

- 1 Arrange all veggies on two oven trays, drizzle with olive oil, a little balsamic vinegar, sprinkle with herbs and bake in pre-heated 190 degree oven for 45 min or until nicely roasted.
- 2 Microwave the quinoa/rice mix and toss all together in a large bowl.
- 3 Crumble goats cheese over the top and mix some through for taste.

### NUTRITION INFO

#### CALORIES

222

#### TOTAL FAT

7.7g

#### SAT. FAT

2.8g

#### SODIUM

69mg

#### TOTAL CARBS

28.7g

#### FIBRE

4.8g

#### SUGARS

5.3g

#### PROTIEN

7g