

Roast vegetable and quinoa salad

Ingredients

1 cup quinoa
1 cup chicken stock
½ cup water
1 red capsicum, seeded and chopped
1 green capsicum, seeded and chopped
1 small eggplant, chopped into 1 cm pieces
1 zucchini, chopped into 1 cm pieces
1 red onion, finely chopped
3 tbsp olive oil
1 clove garlic, crushed
Salt
Black pepper, freshly ground
2 tbsp chopped fresh basil
1 tsp lemon zest
2 tsp balsamic vinegar

Method

Combine quinoa, chicken stock and water in the small solid stainless steel tray. Place in the oven and select **Steam** 100°C. Cook quinoa for 20 minutes.

Place capsicum, eggplant, zucchini, onion, olive oil and garlic in a bowl and toss to combine. Season the vegetables with salt and pepper. Place vegetables on an enamel tray lined with baking paper. Place tray into oven and select microwave combination **4D Hot Air** at 200°C and **Microwave 180 watts** and cook vegetables for 15 minutes.

Place cooked quinoa, roasted vegetable and remaining ingredients into a serving bowl and toss to combine. Serve.