



QUINOA VEGGIE SLICE (GLUTEN FREE)

This weeks Recipe of the Week has been shared with us by Casey-Lee Lyons of Live Love Nourish. A simple quinoa dish with a delicious green goddess dressing on the side. A must try for summer. Enjoy.

Ingredients:

Quinoa Slice

2 cups cooked *quinoa*

8 *free-range eggs*

1 clove crushed *garlic*

1 *red capsicum*, deseeded and chopped

1/2 cup *kale leaves*, finely chopped

1 *zucchini*, grated (3/4 cup)

2 *green spring onions*, chopped

200g *cherry tomatoes*, halved

1 teaspoon *curry powder*

1/4 teaspoon *turmeric powder*

Sea salt and *black pepper* to taste

Green Goddess Dressing

1 *avocado*

3 tablespoons *extra virgin olive oil*

1 tablespoon *Manuka Honey*

2 *green spring onions*, chopped

1/2 cup *flat leaf parsley*

1 *lemon*, juiced

1 clove *garlic*, crushed

1 teaspoon *apple cider vinegar*

pinch of *sea salt*

Method:

Pre-heat the oven to 180°C.

Cook the quinoa and drain if necessary then set aside.

In a large mixing bowl, whisk the eggs and mix in the garlic.

Add the quinoa, capsicum, kale, zucchini and spring onions.

Mix in the cherry toms (reserving 8 halves for the top), curry powder, turmeric and salt.

Spoon the mixture into a lined square baking dish. Press the remaining tomatoes on top so they are visible cut side up.

Bake in the oven for 35 minutes or until the egg is cooked through.

Meanwhile, make your dressing. In a blender combine all ingredients and blend until smooth or textured depending on your liking. Set aside.

Serve the quinoa slice warm with dressing to accompany. Enjoy.

Gluten-Free | Dairy-Free | Refined Sugar-Free

Passionate about inspiring you to live a healthier and delicious life, nutritionist and recipe developer Casey-Lee Lyons from Live Love Nourish shares recipes that nourish and delight. Her recipes cater for gluten-free, dairy-free and other dietary needs too.

To see more from Casey-Lee you can visit her Website www.livelovenourish.com.au here.