

JEWELLED QUINOA

Serves: 10 side dishes

Quinoa Ingredients:

1 bunch broccoli, cut into bite size pieces
1 large sweet potato, peeled and cut into same size as broccoli
1 tsp olive oil
Dash of salt and pepper
1 cup uncooked quinoa
1½ cup water or vegetable stock
1 can (398 ml) chickpeas, drained
1 cup shelled edamame, cooked according to package instructions
½ cup pomegranate seeds
½ cup fresh blueberries
¼ cup toasted pistachios
¼ cup dried cherries
4 fresh figs, chopped into small pieces
¼ cup chopped mint
¼ cup chopped cilantro (if you don’t like cilantro use basil)

Dressing Ingredients:

2 Tbsp lemon juice
1 tsp maple syrup
1 teaspoon minced garlic
1 tsp Kosher salt
¼ cup extra virgin olive oil

DIRECTIONS:

1. Preheat oven to 400 °F. Prepare a parchment lined baking pan. Toss broccoli and sweet potato on the prepared pan with 1 tsp olive oil and sprinkle with salt and pepper. Roast for 20-25 minutes or until starting to caramelize. Set aside to cool.
2. Place quinoa and water (or stock) in a medium saucepan. Bring to a boil and reduce to a simmer. Cook for 12-14 minutes or until tender and liquid is absorbed. Set aside.
3. In a large bowl add the quinoa, chickpeas, edamame, pomegranate, blueberries, pistachios, dried cherries and fresh figs.
4. Fold in the roasted broccoli, sweet potato, chopped mint and cilantro.
5. In a small bowl, whisk together dressing ingredients.
6. Add the dressing and gently toss the mixture together.
7. Serve warm or at room temperature.
8. Store leftovers in fridge for up to 5 days.