



Dante's
FINE FOODS

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QUINOA WITH ROASTED BEETROOT AND PECAN

Ingredients:

1 cup **Cere's Organics White Quinoa**
400gm Fresh Beetroot, peeled
2 Spanish Onions, peeled
2tsp **The Village Press Olive Oil**
2tsp **The Spice Trader dried Thyme**
2 cups of water, and 2 generous tsps of **Rapunzel Organic Vegetable Bouillon**
200g **Matured Goat Cheese**, or **Tussock Creek Sheep Feta**, crumbled
2 generous handfuls of parsley, coarsely chopped
50-100g Pecans, coarsely chopped
Freshly ground **Pink Himalayan Sea Salt** and **Organic Black Pepper** to taste

Method:

Preheat the oven at 220C.

Allow the quinoa to soak in cold water for 30 minutes.

Cut the beetroot and Spanish onions into equal 'bite size' segments, coat with the olive oil, thyme, salt and pepper. Spread onto a baking tray and roast for 30 minutes in the middle of the oven. Turn over once whilst cooking.

Cook quinoa in 2 cups of water and stock, bring to the boil and then simmer for 15 – 20 minutes, or until all the liquid has been absorbed.

Toast the pecans in a fry pan and olive oil for a few minutes over a low heat.

Mix the quinoa, beetroot, onion, cheese and parsley and add salt and pepper to taste. Top with the pecan nuts.

Serves 4 people

I served this dish with **Little Boys Lamb, Rosemary and Garlic** sausages cooked on the BBQ.

DID YOU KNOW??

Quinoa is an unusual grain with lots of flavour. Containing more protein and fibre than brown rice, this makes for a highly nutritious, wheat-free, gluten-free, easy to digest, low allergenic food. Quinoa contains many minerals such as iron, magnesium, copper and vitamin E.

Fresh beetroot is one of the best sources of iron!!

Try adding this quinoa recipe (without the beetroot) into filled capsicum, tomatoes or courgettes. Simply place the filled vegetables in an oven dish, cover with aluminium foil and bake for 30 minutes in a preheated oven at 180C.