Quinoa Veggie Slice

EASY • 35 MINS

Super healthy, packed with nutrients and perfect for lunchboxes (or as a prep-before work snack). This slice is tasty on its own, but our delish Green Goddess Dressing takes it to new heights!

Recipe by nutritionist Casey-Lee Lyons, Live Love Nourish, @livelovenourishaus



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	15 mins	48 mins	2-4

Ingredients

SLICE

Method

1. Pre-heat oven to 180°C. Grease and line a brownie tin with baking paper.

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- 1 cup quinoa, raw
- 8 large eggs, whisked
- 1 garlic clove, crushed
- 1 red capsicum, deseeded & chopped
- ½ cup kale leaves, finely chopped
- 1 small zucchini, grated
- 2 green spring onions, chopped
- 200g cherry tomatoes, halved
- 1 tsp curry powder
- ¼ tsp turmeric
- Sea salt & black pepper

GREEN GODDESS DRESSING

- 1 ripe avocado
- 3 tbsp extra virgin olive oil
- 1 tbsp Capilano Active Manuka Honey
- 2 green spring onions, chopped
- ½ cup flat leaf parsley
- 1 lemon, juiced
- 1 garlic clove, crushed
- 1 tsp apple cider vinegar
- Pinch sea salt

Method

2. Cook quinoa according to packet instructions. Drain and set aside. In a large bowl, whisk eggs thoroughly and mix in garlic, quinoa, capsicum, kale, zucchini, and spring onions. Add cherry tomatoes (reserving 8 halves), curry powder, turmeric and salt and mix until combined.

3. Pour mixture into lined baking tray and press remaining tomatoes on top so they are visible cut side up. Bake in oven for 35 mins or until egg is cooked through.

4. Meanwhile in a blender combine all dressing ingredients and mixt until desired texture (smooth or textured). Serve with warm quinoa slice.

5. Store in an air-tight container in the fridge for up to 3 days.

Used in this recipe



Active Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees* this special blend of Australian Manuka and floral honey is independently tested and certified to contain a minimum of 30mg of Methylglyoxal (MGO), the key compound that makes Manuka so special. The higher the MGO, the more potent the honey's activity.

Delicious Taste
Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties.

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Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

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