



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
Easy

PREP TIME
15 mins

COOKING TIME
48 mins

SERVINGS
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 bell pepper, 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 Authentic 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

Used in this recipe



Authentic Manuka Honey

Nature's Sweet Superfood

Made by some of the world's healthiest bees*, Capilano Manuka honey is naturally rich in Methylglyoxal (MGO). 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. Capilano's premium, Manuka honey has a rich, smooth, caramel taste.

Method

2. Cook quinoa according to packet instructions. Drain and set aside. In a large bowl, whisk eggs thoroughly and mix in garlic, quinoa, bell pepper, 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 mix 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.

Visit capilano-honey.com.au to learn how to swap honey for sugar in your recipes.

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Boost your Daily Health Routine
Squeeze the goodness of Capilano Raw and
Unpasteurized Manuka honey into your daily
cup of tea, coffee, smoothies, yogurt or cereal,
or simply enjoy by the spoonful.

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

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to swap honey for sugar in your recipes.

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