



## Quinoa with Roasted Vegetables and Tahini Dressing ( HS )

Serving: 1

Veg

### *Ingredients*

- **For The Quinoa:**
- 2tbsp quinoa , washed and drained
- salt to taste
- **For The Roasted Vegetables**
- 1/2 small green capsicum
- 1/2 small red capsicum
- 1/4 tsp oil for brushing
- 1/2 small onion
- 1/4 cup blanched broccoli florets
- Pinch of chilli flakes
- Pinch of dried oregano
- salt to taste
- **For The Tahini Dressing**
- 1/4 cup Curds
- 1 tsp sesame seeds (til)
- 1/2 tsp lemon juice
- 1 tsp olive oil
- 1 clove garlic (lehsun)
- salt to taste

### *Preparation Method*

- **For the quinoa:**
- -Boil 1 cup of water in a deep non-stick pan, add the quinoa and salt, mix well and cook on a medium flame for 8 to 10 minutes, while stirring occasionally.
- -Transfer into a big plate and keep aside to cool completely.
- **For the roasted vegetables:**
- -Pierce a fork through the green capsicum, brush of oil evenly over it and roast on a slow flame till it turns black in colour from all the sides.
- -Repeat step 1 with the red capsicum as well.
- -Immerse both the capsicum in cold water and remove the burnt skin while washing it with your hands.
- -Remove the stem and seeds and roughly chop them and keep aside.
- -Pierce a fork through the onion and roast on a slow flame till it turns black in colour from all the sides.
- -Remove the burnt skin but without water and roughly chop them.
- -Combine all the ingredients, including the capsicum and onions in a deep bowl and toss well. Keep aside.
- **For the tahini dressing:**
- -Roast the sesame seeds in a small non-stick pan on a medium flame for a few seconds.
- -Allow it to cool completely, transfer it into a mixer along with the olive oil, lemon juice, garlic and salt and blend till smooth.
- -Combine the curds and the prepared tahini paste in a deep bowl and mix well using a whisk. Keep aside.
- **How to proceed:**

- -Put the quinoa in a serving dish and spread it evenly.
- -Pour all the tahini dressing evenly over it.
- -Put all the roasted vegetables and spread it evenly.
- -Serve immediately.