



Quinoa Vegetable Bake

(makes 4 servings)

A brilliant 'bake' that has everything going for it! Keeps well in the fridge for a day and can be reheatedand is seriously filling and tasty!

Ingredients

1 tablespoon coconut oil
1 small onion, peeled and finely chopped/sliced
1 small courgette/zucchini, wiped and diced
1 small carrot, peeled and diced/roughly grated
1 small red pepper, de-seeded and finely chopped
6 sun dried tomatoes in oil, drained and roughly chopped
1 garlic clove, peeled and crushed
1 teaspoon sea salt
Freshly ground black pepper
125g baby spinach leaves
1 heaped tablespoon freshly chopped parsley leaves
100g quinoa, thoroughly rinsed
2 heaped tablespoons natural cottage cheese
1 egg, lightly beaten

Method

Preheat the oven to 180C/350F/Gas Mark 4.

Warm the coconut oil in a deep sauté pan, add the onion, courgette, carrot, red pepper, tomatoes, garlic, salt and a few good grindings of black pepper and mix well.

Cover the pan and sauté over a very gentle heat until all the vegetables are cooked through but still have a bit of bite (15 to 20 minutes).

Stir in the spinach and continue to cook until the leaves have just wilted then turn off the heat.

Stir in the parsley, quinoa, cottage cheese and egg and thoroughly mix before transferring to a shallow ovenproof dish.

Bake, uncovered until the egg is just set - around 45 minutes but check after 35 minutes by using a skewer - it will come out clean when the egg is set.