



Autumn Roast Vegetables, Brown Rice and Quinoa Salad



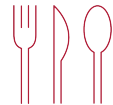
DIFFICULTY: EASY



PREPARATION TIME: 15
MINUTES



COOKING TIME: 1 HOUR



SERVES: 4-6

Ingredients

1 cup of brown rice and quinoa rice blend
1 tsp salt
1 red onion, peeled and chopped into 1cm pieces
1 medium carrot, peeled and chopped into 2cm pieces
2 medium beetroots, peeled and chopped into 2cm pieces
2tbsp olive oil
Salt and black pepper
200g piece Jap pumpkin, peeled and chopped into 2cm pieces
1 clove garlic, crushed
2 tsp sesame oil
1/2 cup coriander leaves

Cooking time may vary for the quinoa and rice mix, cook until rice is tender or follow cooking time on packet.

Method

Place rice and quinoa mix in a microwave proof dish and add 2 ½ cups of water. Cover dish loosely with plastic wrap. Place the dish in the oven on the wire rack in shelf position 1. Select Microwave 600W and cook the rice and quinoa for 30-40 minutes or until rice is cooked. Stir rice once during cooking time. When cooked remove from oven, cover and allow to stand while vegetables are cooking.

Line the solid enamel tray with baking paper. Place onion, carrot, beetroot and sweet potato on the prepared tray and drizzle with olive oil. Season the vegetables with salt and pepper. Place vegetables in the oven on shelf level 2. Select Microwave Combination, CircoRoast 200°C with 360W and adjust cooking time to 10 minutes. Add the pumpkin and garlic and cook for a further 10 minutes.

Place rice, quinoa and roasted vegetables in a large serving bowl. Add sesame oil and coriander leaves and toss to combine. Serve warm.

Notes

This recipe is prepared with NEFF's Microwave and Microwave Combination. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55–60 g, unless specified.