



Roasted Root Vegetables with Quinoa & Zesty Tahini Dressing

Serves 4

1 red onion, sliced
1 sweet potato, cut into chunks
2 carrots, cut
1 tbsp. olive oil
salt & black pepper
3.5 oz. (100g) quinoa, uncooked
1 oz. (30g) arugula

Dressing:

1 tsp. maple syrup
2 tsp wholegrain mustard
2 tsp. tahini
1 lemon, juiced

What you need to do

Preheat the oven to 375°F (190°C).

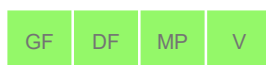
Place the red onion, sweet potato, and carrots on a baking sheet and drizzle with olive oil. Season with salt and pepper, and toss to coat in the seasoned oil. Place the baking sheet into the hot oven and roast the vegetables for 35-40 minutes until soft.

In the meantime, cook the quinoa following the instructions on the packaging.

Next, place all the dressing ingredients in a bowl and whisk to combine.

Once the vegetables have cooked, mix with the quinoa and arugula. Pour over the dressing, stir to combine, and serve.

Serving Suggestion: Sun-Dried Tomato Turkey Meatballs in Marinara Sauce or Honey Mustard Crusted Pork Chops



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	40 mins	192	7	29	5	4

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