

Mediterranean Vegetable Quinoa Bowl



This loaded veggie quinoa salad is filling, healthy and full of flavour. Packed with crispy chickpeas and tender roasted sweet potato, topped with crunchy toasted almonds and a creamy tahini dressing.

Ingredients

- 1 cup Community Co Quinoa
- 1 small sweet potato, peeled and diced
- 2 avocado, sliced
- 2 cups Community Co Baby Spinach
- 1 cup hummus
- 1 can of chickpeas, rinsed and dried
- 1 tsp of light extra virgin olive oil
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp Moroccan seasoning
- 2 cups cherry tomatoes
- ¼ cup Community Co Almonds, toasted and roughly chopped

Dressing

2 tbsp Community Co Greek Yoghurt

2 tbsp tahini

¼ cup cold water

Method:

1. Preheat the oven to 180°C.
2. Cook quinoa according to packet directions and set aside.
3. Peel and dice the sweet potato into large chunks, combine the chickpeas with spices and oil.
4. Roast both in the oven for 30-40 minutes until the potato is soft and the chickpeas are crispy.
5. Mix the yoghurt, tahini and water together to make the dressing.
6. Divide quinoa into each bowl, then arrange all the other fresh ingredients on top and drizzle with yoghurt dressing.