



CHARDONS

DAY 4

Starter - Vegan stuffed pepper with minted quinoa



Serves 2

Recipe Ingredients

- 1 roast pepper
- 125g quinoa
- 1L cold water
- Half tsp salt
- Quarter red onion finely diced
- 5 mint leaves chopped
- Quarter of juice of a lemon
- Olive oil for dressing
- Mixed leaf lettuce
- Salt to season



Evening preparation

5.30pm

1. Weigh out 125g of quinoa into a sauce pan (this makes 2 portions but always cook a little extra)
2. Add 1L of cold water and half a teaspoon of salt to the pan. Bring to boil and then simmer for 12 minutes
3. Once cooked drain and set aside to cool

7.00pm

4. Lightly fry off the diced red onion in a frying pan for around 1 minute until slightly softened
5. Once onion softened add half your cooked quinoa to the pan to warm through
6. Once hot add lemon juice and 1 tbs olive oil
7. Then just before serving add mint, check seasoning and add quinoa mix to the hot roasted pepper
8. Mixed salad dressed with balsamic and olive oil to serve

Tips

Cook extra for staff to give them a different option so not the same each and every week

Make extra roast pepper if you are making chickpea fondue