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Super Duper Yummy Quinoa

Ingredients

200g Quinoa
2 Peppers, red and yellow,, sliced in thick wedges
1 red onion, thickly sliced
Half a head of broccoli
6-10 unpeeled cloves of garlic, depending on how much you like garlic
1 pkt. of asparagus
Grapeseed oil for drizzling
Salt and spices of your choice
4 small chicken breasts
Fig balsamic vinegar
Dried herbs
Feta cheese for garnish

Preparation

1. This dish is made in 3 stages.
2. Stage 1:
3. Cook the quinoa according to the instructions on the packet, just ensure that the quinoa is washed properly before cooking.
4. Stage 2:
5. Preheat the oven to 200 degrees celcius
6. While the quinoa is cooking drizzle grapeseed oil on the vegetables. Season with salt and spices and rub the vegetables with your hands to get the maximum flavor.
7. Place in the oven and bake for 30-40 minutes depending on how you like them roasted.
8. Stage 3:
9. When the vegetables have been in the oven for around 20 minutes heat some oil in a pan.
10. Sautee the chicken until it has cooked through.
11. Season and add herbs of your choice and drizzle with balsamic vinegar.
12. Allow the vinegar to caremalize around the chicken. It will give it a lovely colour and taste.
13. Finally combine the veggies, quinoa and chicken and sprinkle crumbed feta on top.

Cooks Note

Serves: 4