

# QUINOA WITH ROASTED BEETROOT AND AUSBARREL

Looking for a delicious, healthy meat-free meal? Well here is something just for you. A delicious combination of beetroot, quinoa and other deliciousness you'll want to eat again and again! This gorgeous recipe is by [@food\\_thy\\_medicine](#) - thanks for letting us publish this incredible meal!

## Ingredients:

- 3 beetroots roughly cut
- olive oil
- 2 cups quinoa
- vegetable stock
- 1 red onion finely chopped
- 2 portobello mushrooms roughly chopped
- spinach
- salt & pepper
- Pomegranate
- Parsley
- [AUSBARREL Premium Fig.](#)



## Method:

1. Bake beetroots for 45 minutes with a drizzle of olive oil until soft (200 C fan forced). When ready remove from oven and drizzle over [AUSBARREL Premium Fig.](#)
2. Add quinoa to a pot, cover with water, and 1 tsp vegetable stock and simmer for approximately 15 minutes until tender. Strain and set aside.
3. Saute onion in some olive oil until translucent, add the mushrooms and stir for approx 5 minutes.
4. Add a handful of spinach and saute for another 2 minutes. Season with salt and pepper.
5. Place all ingredients in a bowl and mix, add a dash of olive oil, the pomegranate and parsley.