



ROASTED BUTTERNUT, QUINOA, AVOCADO SALAD

- 2 tablespoon olive oil
- 800g butternut cut into cubes
- 1/2 teaspoon salt
- black pepper to taste
- 250g cooked quinoa
- 2 avocados
- 150 g mixed salad leaves
- 200g soft goats cheese

DRESSING

- 4 teaspoons wholegrain mustard
- 4 tablespoons cider vinegar or lemon juice
- 8 tablespoons olive oil
- 2 tablespoon honey
- salt / pepper



heat oven 200C

place butternut cubes on roasting tray

drizzle with olive oil and salt and pepper

roast for about 20min

place all ingredients for dressing in a clean jar

shake until everything is combined

place cooked quinoa on a bed of green salad

add diced avocado and goats cheese

add roasted butternut

drizzle with salad dressing

can be served warm or cold

optional

add nuts for a crunchy taste

