Less than 45 minutes

Serves 4-6

- Share with friends
- Share on facebook
- Share on twitter
- Share on pinterest
- Share on whatsapp

Share on email

Ingredients:

- 2 packets (200g each) rainbow baby carrots, trimmed and halved
- 1 packet (750g) Brussels sprouts, halved
- Glug olive oil
- 2 cloves garlic, chopped
- Salt and milled pepper
- 2 cups (500ml) cooked quinoa
- Juice (30ml) of ½ lemon
- 2 Tbsp (30ml) chopped fresh coriander
- ¹/₂ packet (200g) baby spinach
- 5-6 radishes, sliced
- ¹/₂ packet (50g) PnP crispy chickpeas

Dressing:

- 1 tub (250g) PnP plain hummus
- 3 Tbsp (45ml) olive oil
- Juice (60ml) of 1 lemon
- 2 red chillies, deseeded and chopped
- 1 Tbsp (15ml) chopped fresh coriander
- Salt and milled pepper

GOOD IDEA

Take your salad to the next level with PnP's flavoured hummus – try the creamy avocado or lightly spicy jalapeño hummus. Yum!

Method:

- 1. Preheat oven to 180°C.
- 2. Place carrots and Brussels sprouts on a baking tray, drizzle with oil, sprinkle with garlic and season.
- 3. Roast for 10-12 minutes or until cooked through.
- 4. Spread cooked quinoa over two baking trays and roast in the oven, stirring every few minutes until crispy and golden.
- 5. Set aside to cool.
- 6. Combine quinoa, lemon juice and coriander, and season.
- 7. Arrange spinach on a serving platter and top with quinoa mixture.
- 8. Add roasted carrots and Brussels sprouts, radish and crispy chickpeas.
- 9. Combine dressing ingredients and season to taste.
- 10. Serve salad with dressing on the side or drizzled over.