



# Low FODMAP Roasted Pumpkin, Quinoa and Beetroot Salad

Serves: 2

Prep: 5 minutes

Cook: 35 minutes



Stack Cup

Ingredients	Metric	Imperial
1 cup of Japanese Pumpkin, cubed	120 g	4.2 oz
4 slices raw beetroot	40 g	1.4 oz
Half a medium zucchini, cut into 1cm slices	50 g	1.7 oz
½ cup uncooked quinoa, rinsed	50 g	1.7 oz
2 tbsp crumbled feta	30 g	1.05 oz
2 tbsp fresh parsley leaves, roughly chopped		
2 tsp balsamic vinegar		
2 tsp olive oil		

## Method

1. Preheat oven to 200 degrees Celsius/390 degrees Fahrenheit. Add pumpkin, beetroot and zucchini to a baking tray, drizzle with olive oil and roast for 35-40 minutes
2. Meanwhile, cook quinoa according to package instructions and set aside
3. Once vegetables have finished roasting, divide the quinoa, pumpkin, beetroot and zucchini evenly across two bowls or containers.
4. To serve, top with feta and parsley, then drizzle with balsamic vinegar and olive oil

Nutrition Information (per serve)	
<b>Energy</b>	1194 Kj / 285 cal
<b>Protein</b>	9.20g
<b>Carbohydrates</b>	33.40g
<b>Sugar</b>	7.40g
<b>Total Fat</b>	10.90g
<b>Saturated Fat</b>	3.20g
<b>Fibre</b>	7.00g