



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) | |
|-----------------------------------|-------------------|
| Energy | 1194 Kj / 285 cal |
| Protein | 9.20g |
| Carbohydrates | 33.40g |
| Sugar | 7.40g |
| Total Fat | 10.90g |
| Saturated Fat | 3.20g |
| Fibre | 7.00g |