

Spicy veg and preserved lemon quinoa

Takes 1 hour 15 minutes, serves 2 and uses a saucepan and baking tray

INGREDIENTS

300g celeriac, peeled and cut into 1cm chunks
375g sweet potato, skin on and cut into 2cm chunks/
wedges
375g carrots, peeled and cut into slanted slices
1.5 teaspoons ground coriander
0.5 teaspoons ground cinnamon
2 tablespoons olive oil

120g tricolore quinoa
2 cardamon pods
50g preserved lemon, finely chopped into 5mm squares

For the yoghurt:

160g thick/greek yoghurt
1 garlic clove, crushed
1.5 teaspoons dark mustard seeds
0.25 teaspoon dried chilli flakes
0.5 teaspoon ground cumin
1 tablespoon lemon juice
8g finely chopped parsley leaves, plus a little extra for
garnish.

DIRECTIONS

Pre heat the oven to gas mark 7, 425°C, 218°C, 198°C fan.

Place the celeriac, sweet potato, carrots, coriander, cinnamon and olive oil in a baking tray and mix them all together well so that they are all coated. Cook in the oven for 45 minutes, stirring once halfway through cooking.

Simmer the quinoa with 240g water and the cardamon pods in a saucepan over a low heat until the water has boiled off, then turn off the heat, cover with a lid and leave to one side for a further 10 minutes.

Mix all of the yoghurt ingredients together in a bowl.

When the vegetables are cooked, remove them from the oven and mix with the cooked quinoa and preserved lemon. Serve, drizzled with yoghurt over the top and scatter a little more chopped parsley to finish.

