



## Quinoa Veggie Slice

EASY • 35 MINS

Super healthy, packed with nutrients and perfect for lunchboxes (or as a prep-before work snack). This slice is tasty on its own, but our delish Green Goddess Dressing takes it to new heights!

Recipe by nutritionist Casey-Lee Lyons, [Live Love Nourish](#), [@livelovenourishaus](#)



**SKILL LEVEL**  
Easy

**PREP TIME**  
15 mins

**COOKING TIME**  
48 mins

**SERVINGS**  
2-4

### Ingredients

Visit [capilano honey.com.au](#) to learn how to swap honey for sugar in your recipes.

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## SLICE

- 1 cup quinoa, raw
- 8 large eggs, whisked
- 1 garlic clove, crushed
- 1 red capsicum, deseeded & chopped
- ½ cup kale leaves, finely chopped
- 1 small zucchini, grated
- 2 green spring onions, chopped
- 200g cherry tomatoes, halved
- 1 tsp curry powder
- ¼ tsp turmeric
- Sea salt & black pepper

## GREEN GODDESS DRESSING

- 1 ripe avocado
- 3 tbsp extra virgin olive oil
- 1 tbsp **Capilano Manuka Honey**
- 2 green spring onions, chopped
- ½ cup flat leaf parsley
- 1 lemon, juiced
- 1 garlic clove, crushed
- 1 tsp apple cider vinegar
- Pinch sea salt

## Method

1. Pre-heat oven to 180°C. Grease and line a brownie tin with baking paper.
2. Cook quinoa according to packet instructions. Drain and set aside. In a large bowl, whisk eggs thoroughly and mix in garlic, quinoa, capsicum, kale, zucchini, and spring onions. Add cherry tomatoes (reserving 8 halves), curry powder, turmeric and salt and mix until combined.
3. Pour mixture into lined baking tray and press remaining tomatoes on top so they are visible cut side up. Bake in oven for 35 mins or until egg is cooked through.
4. Meanwhile in a blender combine all dressing ingredients and mix until desired texture (smooth or textured). Serve with warm quinoa slice.
5. Store in an air-tight container in the fridge for up to 3 days.

## Used in this recipe



### AUSTRALIAN MANUKA HONEY

#### Nature's Sweet Superfood

Capilano Raw & Unpasteurised Manuka Honey is independently tested and certified to contain a minimum 30 mg/kg of Methylglyoxal (MGO).

The higher the MGO, the more potent the honey.

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#### **Delicious Taste**

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's Australian Manuka honey has a rich, smooth, caramel taste.

#### **Boost your Daily Health Routine**

Australia produces some of the most potent, best tasting Manuka in the world. With a rich, smooth, caramel taste, enjoy it in your daily cup of tea, smoothies, cereal, or simply by the spoonful.

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