



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 capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanothoney](#) on Instagram or Facebook and you could be featured on our page!



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 Active 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



FLORAL MANUKA HONEY

Distinctly herbaceous, caramel and smooth, Capilano Floral Manuka Honey is made by Aussie bees that have foraged the native *Leptospermum* (Manuka) flowers. It is as delightful at breakfast as it is squeezed into coffee, baking, marinades and dressings.

Make the Sweet Switch

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanothoney](#) on Instagram or Facebook and you could be featured on our page!



Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanothoney](#) on Instagram or Facebook and you could be featured on our page!