



Roast vegetables with kale and goat cheese

40'

Hands on

50'

Cook Time

6

Portion(s)

1

Difficulty



Ingredients

- 4 carrots
- 2 tablespoon(s) olive oil
- 2 teaspoon(s) thyme, only the leaves
- salt
- pepper
- 4 beetroots, small, peeled
- 800 g water
- 1 vegetable bouillon cube
- 250 g quinoa, tricolored, thoroughly rinsed under running water
- 200 g kale, fresh
- lemon zest, of 1 lemon
- 200 g mozzarella, grated
- 200 g goat cheese
- parsley, to serve

Διατροφικός πίνακας

Nutrition information per portion

503 Calories (kcal)	28.0 Total Fat (g)	12.0 Saturated Fat (g)	34.0 Total Carbs (g)
25%	40%	60%	13%
11.0 Sugars (g)	25.0 Protein (g)	7.9 Fibre (g)	1.4 Sodium (g)
12%	50%	32%	23%

Method

- Preheat oven to 180* C (350* F) Fan.
- Cut the carrots into 0.5 cm slices. You can use a mandolin to make sure the slices are evenly thin.
- On a working surface, spread out a sheet of aluminum foil and cover with a sheet of parchment paper.
- In the center, add the carrots. Drizzle with 1 tablespoon of olive oil and add 1 teaspoon of thyme, salt and pepper. Mix with your hands to coat in the olive oil evenly.
- Seal the edges of the aluminum foil to create a pouch and transfer to a [baking pan](#).
- Slice the beetroots in the same way and repeat the same process with the aluminum foil and parchment paper. Place the beetroots in the center, drizzle with the remaining olive oil. Add 1 teaspoon of thyme, salt and pepper.
- Mix to coat and seal the edges of the aluminum to form a pouch.
- Set the pouch next to the other pouch with the carrots in the baking pan.
- Bake for 30 minutes, until the vegetables soften.
- When ready, remove from oven, set them aside to cool and then transfer to a [bowl](#).
- In the meantime, place a [pot](#) over medium heat. Add the water and bouillon cube and bring to a boil.
- Add the quinoa.
- Prepare the kale by removing the hard middle stem with a knife.
- Quarter each leaf and add them to the pot with the quinoa.
- Mix thoroughly and allow the mixture to simmer for 15-18 minutes, until almost all of the liquid is absorbed.
- When ready, remove from heat and transfer to a strainer to remove any of the excess liquid.
- Add to the bowl with the carrots and beetroots.
- Add the lemon zest, mozzarella, salt and pepper. Mix thoroughly to combine.
- Transfer mixture to a 20x30 cm baking pan and spread it evenly in the pan.
- Break the goat cheese apart with your hands into 1 cm pieces and distribute them over the mixture.
- Bake for 15-20 minutes, until the goat cheese is golden.
- Sprinkle with finely chopped parsley and serve.