

Green tea pomegranate infused quinoa with roast pumpkin

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Tea is no longer reserved for your afternoons and has made its way in the kitchen in a revolutionary way.

Cooking your grains in tea is a great way to include more antioxidants in your meals. The English Tea Shop's Green Tea Pomegranate adds a zesty pomegranate flavour to quinoa, with the additional health benefits from the Organic and Fairtrade green tea. Try this delicious quinoa salad by our friends at Flannerys today.

Ingredients (serves 4)

- 500g organic pumpkin, cut into 2.5cm cubes
- Flannerys Own Organic Olive Oil
- 1 cup Flannerys Own Certified Organic Quinoa Grain (black)
- 3 tea bags English Tea Shop Green Tea Pomegranate
- 1 ½ - 2 cups boiling water
- 150g Absolute Organic Certified Organic Greek Feta*, cubed

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- 1 large handful Organic Rocket, washed
- Optional: Organic Sunflower Seeds, to serve
- *substitute for tofu for a vegan friendly dish

Method

1. Preheat the oven to 200C fan forced. Place pumpkin on a lined baking tray, drizzle with olive oil. Place in the oven to roast for 20 – 25 minutes, turning once.
2. Rinse quinoa under cold water in a strainer until water runs clear.
3. Brew the tea bags in boiling water in a medium saucepan for 5 minutes, remove tea bags, then add the rinsed quinoa. Cook as per instructions.
4. Transfer to a large plate, top with roasted pumpkin, Greek feta, rocket and sunflower seeds

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