

# 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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