



CHLOË BOWLER
complete wellbeing

ROASTED RED PEPPERS WITH FETA QUINOA



Ingredients (Serves 1)

1. 1 Red Pepper
2. 50g Quinoa
3. 10cm Cucumber
4. 50g Feta Cheese
5. 100ml Vegetable Stock
6. 1 tbsp Soy Sauce

Method:

1. Cut the pepper in half, drizzle in olive oil and place in the oven at 180 for 30 minutes.
2. Meanwhile, steam the quinoa in the vegetable stock for 10 minutes.
3. When the quinoa is cooked, add in the chopped cucumber and crumbled feta, and mix with a tablespoon of soy sauce.
4. Take the pepper out of the oven and spoon all the ingredients into each half.
5. Season well and serve.

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