



CHLOË BOWLER
complete wellbeing

ROASTED SQUASH, QUINOA, FETA & BROCCOLI SALAD



Ingredients (Serves 2):

1. 150g Butternut Squash
2. 1 Crown of Broccoli
3. 50g Feta Cheese
4. 50g Mixed Quinoa
5. Handful of Pumpkin Seeds
6. 250ml Vegetable Stock
7. 1 tsp Medium Curry Powder
8. 1 tsp Cumin
9. 1 tsp Dried Chilli Flakes

Method:

1. Chop the butternut squash, drizzle with oil and sprinkle on the curry powder, cumin and dried chilli flakes.
2. Mix it in so the squash is coated with the oil and spices and then place on a baking tray at 180°C for 30 minutes until roasted.
3. Steam the quinoa in 250ml of vegetable stock.
4. Cut up the broccoli and steam the florets for 5 minutes.
5. Simply mix everything together, season and top with pumpkin seeds to serve.

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