



ROASTED RED PEPPER & QUINOA SOUP

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

4 red pepper
1 red chilli
6 large tomatoes
2 tablespoon extra virgin olive oil
1 tablespoon balsamic vinegar
600ml vegetable stock (I use Marigold vegan bouillon powder)
250g cooked quinoa. For ease use a ready cooked pouch such as those from Mercant Gourmet.

METHOD

1. Preheat the oven to 180°C.
2. Cut the red pepper, tomatoes and chilli and add to a roasting tray. I leave the seeds in the chilli to make this spicy - but remove for a gentler heat.
3. Drizzle with the olive oil and balsamic vinegar.
4. Add to the oven and roast for 30 minutes.
5. When cooked add to a blender with the vegetable stock.
6. Add to a saucepan with the cooked quinoa and heat through until warm.
7. Serve with some pumpkin seeds and a drizzle of balsamic vinegar (optional)