

Quinoa and vegetable loaf (vegan)

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Ingredients (makes one loaf)

- 2½ cups of cooked quinoa, rinsed well prior to cooking, and set aside to cool
- 1 zucchini, roughly chopped
- ½ red capsicum
- 1 cup broccoli florets
- 1 bunch flat leafed parsley
- ½ bunch basil
- Pinch salt and pepper to taste
- ¼ cup nutritional yeast (optional)
- 2 tbsp [chia seeds](#), soaked in ¼ cup water

METHOD

Preheat oven to 200°C.

Line an ovenproof loaf dish and set aside.

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In a blender, pulse the capsicum, zucchini, broccoli, parsley, basil, salt and pepper and nutritional yeast until finely chopped and mixed.

In a large bowl, mix the [quinoa](#) and pulsed vegetables together, stir through the chia seeds well using your fingers to combine if necessary.

Spoon into the dish and gently push down.

Cover with foil and bake for 45 minutes, then remove from oven and allow to cool.

Once cooled, invert onto a wire rack.

Optional: Bake on the wire rack for an extra 15 minutes – this creates a delicious, crispy outside.

Slice carefully and serve with a crisp, green salad.

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Recipe from Adele at [Vegiehead.com](#)

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