



Healthy Quinoa Beetroot Jars

Ingredients

- 1 cup Quinoa, cooked
- 2 tbsp Olive oil
- 1 Medium spring onions, finely chopped
- 1 Clove Garlic, finely chopped
- 2 cubes MAGGI® Chicken Bouillon
- 1 pinch Ground Black Pepper
- 2 Mediums Beetroot
- 0.25 cup Feta Cheese, crumbled
- 0.5 cup Arugula, raw
- 2 tbsp Balsamic Vinegar
- 40 g Lemon juice
- 1 tsp Fresh thyme, chopped

Instruction

1. Place beetroot on a baking tray with a squeeze of lemon and thyme. Bake in preheated oven at 180°C for 15-20 mins until tender.
2. In a large skillet, heat the olive oil and stir-fry the spring onion and garlic.
3. Add the cooked quinoa, add the MAGGI® Chicken Stock and pepper. Remove from heat.
4. Add the balsamic vinegar and mix well.
5. In mini jars, layer 3 tablespoon of quinoa mixture, then a layer of beetroots, then feta cheese and finish with fresh arugula leaves.

Nutrition

Carbohydrates	15.68 g
Energy	141.64 kcal
Fats	7.48 g
Protein	3.7 g

30 Minutes

6 Servings