

# Pumpkin, Tempeh, Olive and Quinoa Salad with Crispy Sage

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## Ingredients

½ cup cooked quinoa (¼ cup dry)  
½ medium pumpkin cut into 3cm cubes with skin on or off  
1 block tempeh diced  
3 cloves garlic chopped in quarters  
12 or so sage leaves  
¼ to ½ cup olives (any you like)  
Olive oil – a splash  
Salt and pepper to taste  
Big handful rocket

## Method

1. Place the pumpkin, olives, garlic and oil in a baking tray and bake for 25 minutes.
2. Add the tempeh and sage and bake for a further 25 minutes or until pumpkin is cooked through.
3. Mix in the cooked quinoa, season with salt and pepper and serve with the rocket.



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# Roast Cauliflower, Peas and Hazelnut Salad

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## Ingredients

2 cups gluten free pasta penne  
1 medium cauliflower cut into florets  
Pinch turmeric  
2 pinches salt  
1 cup peas  
80g hazelnuts  
2 to 3 tbsp balsamic vinegar  
¼ cup chopped parsley  
Salt and pepper to taste  
2 to 3 tbsp olive oil plus a splash  
sprouts for garnish

## Method

1. Place the cauliflower with a splash of oil, 2 pinches of salt and a pinch of turmeric in a baking tray. Put in the oven at 180°C for 20 minutes or until the cauliflower is cooked through and a little crispy on some of the edges.
2. Cook the pasta as instructed on the packet, throw the peas in with the pasta.
3. Mix the cauliflower, peas, pasta, parsley, balsamic vinegar and olive oil in a bowl. Add salt and pepper to taste and garnish with the sprouts.



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