



QUINOA SALAD

Season:	any
From the garden:	<i>peppers, herbs, cucumber, tomato, beans - anything you like!</i>
Type:	side dish or main
Difficulty:	medium
Serves:	makes a large dish of salad for sharing

Equipment

large saucepan with lid
metal sieve
measuring spoons/cup
fork
jar with lid
large serving bowl

Ingredients

2 cups quinoa
4 cups water or vege stock
3 Tablespoons olive oil
large pinch salt
2-3 cups raw vegetables/herbs, sliced

Dressing:

3-6 teaspoons lemon juice according to taste
1 Tablespoon white wine vinegar
1 teaspoon Dijon mustard
1 teaspoon sugar or honey
ground pepper
1 clove garlic crushed
extra salt and pepper
2/3 cup olive oil

Method

1. Rinse quinoa very well in cold water in a metal sieve.
2. Heat water or stock in a saucepan until boiling. Add quinoa, reduce heat to low and put lid on saucepan. Cook for 15 minutes. DO NOT LIFT THE LID!
3. After 15 minutes, take the saucepan off the heat and leave for another 5 minutes with the lid ON. Take off lid, fluff up quinoa with a fork and check there's no water at the bottom. Cook longer if there is. Add olive oil and large pinch of salt if you cooked with water. Stir through with a fork.
4. Measure dressing ingredients into a jar with a tight-fitting lid. Shake it vigorously to mix everything together. Taste and adjust the flavours if you need to.

5. Put quinoa into a large serving bowl. Add sliced vegetables and half of the dressing and mix together gently. Taste and add more dressing and seasoning if you need to.

Notes: you can add anything you like to this salad so it's great for any time of year. You can also add nuts and dried fruit such as raisins or cranberries.