



TIP: QUINOA CAN EASILY BE SUBSTITUTED WITH BROWN RICE. THIS RECIPE IS AN IDEAL DINNER SIDE DISH ALONGSIDE MEAT OR FISH, OR MAKE A BIG BATCH TO ENJOY FOR WEEKDAY LUNCHES.

SWEET POTATO, APPLE & QUINOA SALAD

FEEDS: 4-6. SEASON: AUTUMN.

Quinoa (pronounced keen-wa) is delicious, nutty, gluten-free and high in protein and fibre. It adds little pops of texture to this crunchy salad.

EQUIPMENT

- ☐ measuring cups and spoons
- ☐ chopping board
- ☐ cook's knife
- ☐ 2 large bowls
- ☐ 2 large baking trays
- ☐ medium saucepan
- ☐ mixing spoon

INGREDIENTS

- ☐ 1 sweet potato, diced into 1 cm cubes
- ☐ 1 tbsp extra virgin olive oil, plus an extra 1 tsp for roasting
- ☐ 1 cup quinoa, uncooked
- ☐ 1½ cups water
- ☐ ½ medium red onion, peeled and thinly sliced
- ☐ 1 handful parsley, chopped
- ☐ 2 apples, diced into 1 cm cubes
- ☐ ¼ cup apple cider vinegar
- ☐ 1 handful of mint, chopped
- ☐ 3 handfuls of baby spinach or rocket

WHAT TO DO

1. Preheat the oven to 180°C.
2. Coat the sweet potato pieces with 1 teaspoon of oil in a large bowl.
3. Pour the sweet potato onto a baking tray and roast for 15–20 minutes.
4. Cook the quinoa using the absorption method: bring 1 cup of quinoa and 1½ cups water to boil in the medium saucepan. Simmer until all the liquid has been absorbed (about 10 minutes). Or follow instructions on the packet.
5. Pour the cooked quinoa onto a baking tray and allow it to cool slightly.
6. Mix the onion, parsley, apples, 1 tablespoon of oil and the vinegar in a large bowl.
7. Combine with the rest of the ingredients and serve.
8. Season to taste (optional).