

# Quinoa, Pumpkin & Orange Salad

Bialik College Kitchen Garden Program

## Ingredients:

- 2 cups quinoa, rinsed & cooked
- 2 tablespoon extra virgin olive oil
- 1 brown onion, diced
- 1 ½ tablespoons white wine vinegar
- 2 tablespoons orange juice
- 200g pumpkin, peeled & grated
- 2 tablespoons torn mint leaves
- 2 tablespoons toasted pumpkin seeds
- 1 teaspoon orange zest
- pepper/salt

## Equipment:

- saucepan
- sieve
- frying pan
- wooden spoon
- chopping board
- knife
- juicer
- zester
- scales
- metric measuring spoons/cups

## Method:

1. Rinse quinoa in a sieve under cold water for a few minutes.
2. Place 1 tablespoon of oil in a saucepan, add quinoa and stir for a minute on high heat. Add 3 cups of water and a ½ a teaspoon of salt to the saucepan and bring to the boil.
3. Reduce heat, cover and simmer for 15- 20 minutes or until all the water has been absorbed. Take off the heat and leave lid on for another 5 minutes. Fluff up and place into a bowl.
4. Heat oil in a saucepan over low heat and sauté the onion with a pinch of salt for about 10 minutes or until caramelised.
5. Add vinegar, orange juice and pumpkin and cook for 5 minutes.
6. Remove from heat and set aside.
7. Add the mixture to the quinoa with the mint, toasted pumpkin seeds, orange zest and season to taste. Mix well & serve.

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