

Roasted Carrot, Spinach & Quinoa Salad

Bialik College Kitchen Garden Program

Ingredients:

- 1 cup quinoa
- 2 carrots, 1cm slice or matchsticks
- 1 large handful or baby spinach leaves
- ½ cup mixed seeds toasted
- zest of a lemon
- ½ cup parsley, chopped
- Dressing:
 - 2 tablespoons lemon juice
 - 1 teaspoon sugar
 - ½ teaspoon Dijon mustard
 - salt/pepper
 - 3 to 4 tablespoons extra virgin olive oil

Equipment:

- chopping board
- knife
- whisk
- metric measuring spoons/cups
- zester
- saucepan

Method:

1. Rinse 1 cup of quinoa with water in a sieve. Then place it in a saucepan with 1 ½ cups of water and 1 teaspoon salt. Once water has come to the boil, turn heat down to low, put the lid on and cook for 15 minutes or until water has evaporated. Then turn off heat and leave for another 5 minutes with the lid on. Fluff up with a fork and set aside to cool.
2. Slice carrots and mix in a bowl with olive oil and season with salt & pepper.

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3. Place on a baking tray covered with baking paper and bake at 200C for 25 minutes or until golden.
4. Pick parsley leaves off stems and roughly chop.
5. Wash spinach leaves set aside.
6. Toast seeds in a dry frying pan and set aside.
7. Whisk together in a small bowl the lemon juice, sugar, mustard and salt/pepper. Slowly add the oil and whisk till dressing is well combined.
8. Gently mix the quinoa, carrots, spinach and parsley together, drizzle with salad dressing, sprinkle with toasted seeds and serve.