

Quinoa Salad

Serves: 4 | Gluten Free | Dairy Free | Plant Based | Mains



INGREDIENTS

2 cups cooked quinoa
2 cups cubed roast sweet potato or pumpkin (roast with ground cumin & sumac)
½ cup chopped parsley
½ cup chopped coriander
½ cup slivered almonds
½ cup chopped roasted capsicum
½ red onion thinly sliced
1 cup cooked or a tin of chickpeas
½ cup sliced dried apricots
½ cup sliced preserved lemon

Dressing

2 tbsp seeded mustard
1 tbsp maple syrup
2 tbsp olive oil
½ tsp ground cumin
½ tsp ground coriander
4 tbsp hot orange juice

METHOD

1. Combine all salad ingredients in a large bowl.
2. Combine dressing ingredients in a jar and shake to combine.
3. Pour over salad and mix just prior to serving.

Keep in a sealed container in the fridge for 3 days.

Tip

This salad is a real crowd pleaser, I often take it when I am asked to bring a dish and even the most 'salad adverse' people like it. The secret is the dressing!

This is also a great dish to prepare on the weekend and take for lunch with some additional protein during the week.