



CRISPY QUINOA SALAD

This is another crowd pleaser. The flavours are quite complex, and the addition of honey might seem strange, but somehow it just works.

SERVES 4

1 cup uncooked quinoa
2 Tbsp olive oil
2 tsp salt
120g avocado, cut into
bite-size chunks
40g drained kidney beans
50g grilled corn kernels
¼ cup pico de gallo (page 14)
fresh coriander for garnishing

QUINOA SALAD DRESSING

juice of 2 large lemons
2 Tbsp honey
2 cloves garlic, minced
2 Tbsp chopped fresh coriander
2 tsp shichimi togarashi
(Japanese seven spice)
¼ cup cold water
salt to taste

- 1 Place a pot of salted water over medium heat, add the quinoa and bring to a simmer. Cook for 15–20 minutes until tender, then carefully drain and allow to cool slightly in the pot.
- 2 Preheat the oven to 190°C and line a baking tray with greaseproof paper.
- 3 Add the olive oil and salt to the pot and run your fingers through the quinoa to coat it.
- 4 Evenly spread the quinoa in a single layer on the lined baking tray to avoid clumping.
- 5 Bake for 35 minutes, mixing every 10 minutes, until the quinoa is golden brown and crispy.
- 6 Place the avocado, kidney beans, grilled corn and pico de gallo into a salad bowl.
- 7 Combine all the ingredients for the quinoa salad dressing in a separate bowl, whisking well.
- 8 Pour 2 Tbsp of the dressing over the salad and mix gently so as not to squash the avocado. Check and adjust seasoning, if necessary.
- 9 Sprinkle 1 Tbsp of the crispy quinoa over the top, but do not mix it in, and garnish with fresh coriander.



TIP

The remaining crispy quinoa can be stored at room temperature in an airtight glass jar for up to 2 weeks. The quinoa salad dressing can be stored in the fridge in an airtight container for up to a week.