



ROASTED VEGETABLE & QUINOA SALAD

Season:	Any
From the garden:	kumara, butternut squash, beetroot, radish, parsley & any other herbs/veges
Type:	side dish or main
Difficulty:	medium
Serves:	makes a large dish of salad for sharing

Equipment

large saucepan with lid
metal sieve
measuring spoons/cup
fork
jar with lid
baking paper
large serving bowl
baking tray
chef's knife
tongs
food processor
chopping board
garlic mincer
lemon juicer

Ingredients

2 cups quinoa
4 cups water or vegetable stock
3 tbsp + 2 tbsp olive oil
1 pinch + 1 tsp salt
½ butternut squash, cut lengthwise
2 medium kumara
1 tsp ground pepper
2 teaspoons ground coriander seeds
1 teaspoon fennel seeds
2 teaspoons dried oregano
pinch of cayenne pepper (optional)
2 cloves + 1 clove garlic, minced
2 tbsp pumpkin seeds
1 beetroot
1 radish
1 carrot
small bunch of parsley

Dressing:

3 teaspoons lemon juice
1 Tablespoon or white wine or balsamic vinegar
1 teaspoon Dijon mustard
1 teaspoon apple syrup, sugar or honey
ground pepper
1 clove garlic crushed
extra salt and pepper
2/3 cup olive oil

Method

**** NOTE - Steps 1-6 have been prepared in advance of today's session. Start at step 7 ****

1. Pre-heat the oven to 200 C.
2. Thoroughly wash kumara but don't peel. Cut into small cubes about 2 cm and place into a roasting dish that has been lined with baking paper.
3. Slice off the top and bottom of the butternut squash & discard. Microwave squash for 4-5 minutes to soften skin. Let the squash cool, then peel skin off with a vegetable peeler.
4. Cut the squash in half lengthwise and scoop out the seeds. Discard the seeds. Cut into small cubes about 2 cm and add to the tray with the kumara.
5. Mix 2 tbsp olive oil in a small bowl with the 2 cloves minced garlic, oregano, fennel seeds, coriander seeds, 1 tsp salt, 1 tsp pepper and cayenne pepper (if using). Rub this mixture into the cut vegetables.
6. Bake for 15-20 mins or until tender, turning once during cooking. Let cool 5 minutes.
7. Meanwhile, rinse quinoa very well in cold water in a metal sieve.
8. Heat water or stock in a saucepan until boiling. Add quinoa, reduce heat to low and put lid on saucepan. Cook for 15 minutes. **DO NOT LIFT THE LID!**
9. Meanwhile, thoroughly wash the beetroot, carrot and radish and trim the ends. Grate in a food processor using the grating blade. Set aside.
10. Wash parsley. Cut off and discard the large stalks. Finely chop the leaves. Set aside.
11. After 15 minutes, take the saucepan off the heat and leave for another 5 minutes with the lid ON. After the 5 minutes, take off lid, fluff up quinoa with a fork and check there's no water at the bottom. Cook longer if there is. Add 3 tbsp olive oil and large pinch of salt if you cooked with water. Stir through with a fork.
12. Measure dressing ingredients into a jar with a tight-fitting lid. Shake vigorously to mix everything together. Taste and adjust the flavours if you need to.
13. Put quinoa into a large serving bowl. Add grated beetroot, carrot and radish, parsley, pumpkin seeds and half of the dressing. Mix together. Once combined, add the roast vegetables. Stir through very gently so that the roast vegetables do not become mashed. Taste and add more dressing and seasoning if you need to.

Notes: You can add anything you like to this salad so it's great for any time of year. You can also add nuts and dried fruit such as raisins or cranberries.

Skills: Careful management of timing (quinoa left to simmer while preparing other vegetables). Using judgement & knowledge gained from recipe to determine whether quinoa is cooked through. Use of occasional kitchen appliance - food processor. Using taste to determine 'readiness' for serving of food. Careful peeling and knife-work with tricky shape / curves of butternut squash.

