



Roasted Carrot & Cauliflower Quinoa Salad

What to collect

Ingredients	Equipment
1 cup quinoa	chopping boards
1 cauliflower, sliced	knife
2 carrots, 1 cm slice or matchsticks	metric measuring cups/spoons
1 teaspoon sumac	small saucepan with lid
1 large handful of baby spinach leaves	baking tray
½ cup mixed seeds(sunflower, pumpkin) toasted	frying pan
zest of a lemon	
½ cup parsley, chopped	
Dressing:	
Juice of ½ lemon	
¼ cup olive oil	
1 teaspoon maple syrup	
1 tablespoon white wine vinegar	
1 teaspoon balsamic vinegar	
½ teaspoon sugar	

What to do

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 cauliflower and carrots and mix in a bowl with olive oil and sumac. Season with salt & pepper.
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 salad dressing to well combined.

- 8. To assemble salad, place quinoa, baked vegies, spinach, parsley and seeds.**
- 9. Drizzle over dressing and serve.**