



Sweet Potato & Apple Quinoa Salad

What to collect

| Ingredients | Equipment |
|----------------------------------------------------|------------------------------|
| 1 medium sweet potato, diced into 1 cm cubes. | chopping board |
| 1/4 cup olive oil | knife |
| 1 cup quinoa | peeler |
| 1 ½ cups water | 2 large bowls |
| 1 teaspoon salt | metric measuring cups/spoons |
| ½ medium red onion, thinly sliced | saucepan with lid |
| 1 small handful flatleaf parsley, chopped | mixing spoon |
| 2 large granny smith apples, diced into 1 cm cubes | |
| 1 tablespoon extra virgin olive oil | |
| ¼ cup apple cider vinegar | |
| 1 small handful mint, chopped | |
| 3 handfuls mixed baby greens | |
| salt/pepper | |
| | |

What to do

1. Preheat oven to 180C.
2. In a large bowl, toss pumpkin with olive oil and place on a lined baking tray and roast for 15-20 minutes.
3. Rinse quinoa in a sieve under cold water and then place in a saucepan with 1 ½ cups water and a teaspoon of salt.
4. Bring to the boil and then cover with a lid and turn down the heat to low. Cook for 15 minutes.
5. Take off heat and leave for another 5 minutes before opening the lid. Place on a tray, fluff up with a fork and set aside to cool slightly.
6. Mix the onion, parsley, apples, olive oil and cider.
7. Combine all ingredients and add salt/pepper to taste.