

Roasted Pumpkin and Quinoa Salad

Serves: 4

Prep time: 15 minutes

Cook time: 30 minutes



2 serves per portion

Ingredients

1 cup quinoa

2 cups chicken or vegetable stock, reduced salt

20 sugar snap peas or snow peas

2 cups roasted pumpkin

2 cups rocket

4 spring onions, finely sliced

1 handful mint leaves, chopped

1 handful flaked almonds, toasted

50g feta, crumbled

Dressing

1 tablespoon white balsamic vinegar (or white wine vinegar)

4 tablespoons olive oil

½ tablespoon honey

Lime juice

Method

HEAT saucepan and add quinoa to toast for a few minutes until it starts to crackle. Remove, rinse and then place back in the saucepan.

ADD stock and bring to the boil. Place a lid on the saucepan, reduce heat to medium–low and simmer for 15 minutes. Don't lift the lid. When time is up, remove from the heat and stand for a further 5 minutes (without lifting the lid). Allow to cool slightly.

STEAM peas for 1 minute until they are bright green but still crisp. Drain, fill pot with cold water and drain again to stop them from cooking.

TOSS cooked quinoa, peas, pumpkin, rocket, onion and mint leaves together in a large bowl.

SHAKE vinegar, olive oil and honey together in a jar until combined. Taste and adjust with some lime juice to your liking.

POUR dressing over salad and gently combine. Sprinkle with flaked almonds and feta to serve.

SERVE cold or warm.



Everyday Food

Recipe courtesy of the Country Kitchens team