

Tomato & Herb Quinoa Salad

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: coriander, chilli, garlic, lemon, parsley, red onion, tomato

Equipment:

metric measuring scales and cup
clean tea towel
chopping board
cook's knife
medium saucepan
baking tray
large bowl
mixing spoon
citrus juicer
serving platter

Ingredients:

1 cup raw quinoa
1½ cups water
4 tomatoes, diced
1 small red onion, peeled and finely diced
1 long red chilli, halved, de-seeded, finely chopped
1 garlic clove, peeled and finely chopped
2 large handfuls of coriander, washed and chopped
1 handful of parsley, washed and chopped
60 ml extra-virgin olive oil
1 lemon, juiced for 3 tbsp juice

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Cook the quinoa using the absorption method: bring 1 cup of quinoa and 1½ cups water to boil in the medium saucepan. Simmer until all the liquid has been absorbed, about 10 minutes.
3. Pour the cooked quinoa onto a baking tray and allow it to cool slightly.
4. Combine the tomatoes, red onion, chilli, garlic, coriander, parsley, olive oil and lemon juice in a large bowl and stir to combine.
5. Stir the quinoa through the tomato and herb mixture.
6. Transfer to serving platters.

