

Sweet Potato, Corn & Black Bean Salad

Season: Summer/Autumn

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: chilli, corn, coriander, garlic, lemon or lime, red capsicum, red onion, sweet potatoes

Recipe source: Adapted with permission from a recipe by Anna Gare's *Homemade* (Fremantle Press 2011)

Equipment:

metric measuring scales
and spoons
vegetable peeler
clean tea towel
chopping board
cook's knife
medium-sized saucepan
with lid
2 baking trays
2 large bowls
baking paper
grill pan or frying pan
mixing spoon
serving bowls



Ingredients:

200 g quinoa
1½ cups water
2–4 sweet potatoes (approx. 1–1.5 kg)
peeled and cut into 3-cm chunks
1 tbsp olive oil
2 garlic cloves, finely chopped
¼ tsp sea salt, to taste
¼ tsp freshly ground black pepper,
to taste
3 corn cobs, husks removed
1 x 400 g can black beans
1 small red onion, thinly sliced
1 red capsicum, de-seeded and
finely diced
1 long red chilli, de-seeded and
finely chopped
1 large handful of coriander, leaves and
stems roughly chopped
1 tsp olive oil
squeeze of fresh lemon or lime juice

What to do:

1. Preheat the oven to 180°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. ***Bring the quinoa and water to the boil in the medium-sized saucepan over a medium heat.**
4. Cover, and simmer for about 10 minutes or until all the liquid has been absorbed (this is called the absorption method).
5. Pour the cooked quinoa onto a baking tray and set aside to cool slightly.
6. Toss the sweet potato in the olive oil, garlic, salt and pepper in a large bowl. Transfer to a baking tray lined with baking paper and bake for 30 minutes.

7. Grill the corn on your grill pan or frying pan until slightly charred. Remove from the heat and allow to cool.
8. Slice the kernels from the corn and transfer to a large bowl.
9. Add the quinoa, sweet potato, black beans, onion, capsicum, chilli and coriander and stir to combine.
10. Dress the salad with the olive oil and lemon or lime juice and toss until combined.
11. Transfer to the serving bowls and serve.

***Adult supervision required.**

