

CREATIVE QUINOA SALAD



This salad is a spin-off from a popular middle eastern dish named Tabbouleh. Instead of using cracked wheat as its main ingredient, we replace with quinoa. As a complete protein, quinoa keeps blood sugar more stable throughout the day for balanced focus and your child's energy requirements for back to school weekdays. The sky is the limit when it comes to additions which can be used.

Involve your child at home by theming it as Mexican, Greek or Indian just to name a few. Adding black beans, grated cheddar, corn and fresh lime lend a more Mexican taste to this recipe. Or perhaps crumbled feta, black olives, oregano and red onion could make it more Greek inspired. Using fresh anti inflammatory spices like curry, turmeric, black pepper and red lentils can lend this recipe a more peppery flavour, jam packed with nutrient dense minerals and fibre as well for an authentically Indian inspired taste. Get creative in the kitchen!

It packs well in a recyclable container with an ice pack. All your little one needs is a spoon and a healthy appetite.

INSTRUCTIONS

PUT THE QUINOA in a fine-meshed sieve and rinse well under cold, running water, swishing the quinoa with your hand. Drain the quinoa well.

ADD 2 CUPS OF WATER to a medium-size saucepan. Add the quinoa. Over medium-high heat bring it to a boil. Lower the heat and simmer, covered for about 10 minutes, until the seeds are tender. When they are cooked you will notice that they have little curly "tails".

REMOVE the saucepan from the heat. Place a clean tea towel or 2 layers of paper towel over the saucepan. Put the lid back on and set aside for 5 minutes. The tea towel/paper towel will absorb excess moisture.

FLUFF THE QUINOA WITH A FORK, then turn it into a bowl and leave to cool completely.

ADD THE FINELY SLICED PARSLEY, mint, spring onions/scallions and tomatoes to the quinoa.

ADD THE OLIVE OIL and lemon juice, sea salt and freshly ground black pepper and gently toss the ingredients together.

TASTE AND ADJUST the seasoning if necessary, adding more olive oil, lemon juice, salt and pepper as required. The salad should have a bright, lemony flavour but adjust it to your personal taste.

SERVE at room temperature or refrigerate and serve cold.

INGREDIENTS

- 1 cup **quinoa**, rinsed well
- 2 cups **water**
- 2 cups **flat-leaf parsley** loosely packed, very finely sliced
- ½ cup **fresh mint leaves**, finely sliced
- 3 **spring onions/scallions**, finely sliced
- 250 gm **cherry tomatoes**, quartered
- 2 tablespoon **freshly squeezed lemon juice** (or to taste)
- ½ cup **extra virgin olive oil**
- **sea salt and freshly ground black pepper**, to taste

NOTES

- It is important to thoroughly rinse the quinoa. The outside of the quinoa has a naturally occurring chemical, called saponin, which deters insects. It has a bitter taste and rinsing well helps to remove this coating. It can also aggravate stomach upset if your quinoa isn't rinsed before cooking. This is a simple yet important step in quinoa preparation. After rinsing, it is essential to thoroughly drain the quinoa. After draining, I place the sieve on a few layers of kitchen paper or clean kitchen towel to absorb excess moisture.

- Lemon juice is a key flavouring ingredient in this recipe. As such, it is essential that the juice be freshly squeezed.
- I prefer extra virgin olive oil for its superior flavour and health-benefiting nutrients.

Get creative and have fun! Send pics of your favourite Kids In The Kitchen creation to info@tinysseedlings.com