



Quinoa salad with toasted cumin and lemon vinaigrette



Chef Malika van Reenen (South Africa)

Serves: **4**

Ingredients:

2 cups quinoa
4 carrots
12 cherry tomatoes
2 celery stalks
½ cucumber
½ green chilli
30 g rocket
1 handful coriander (cilantro)
100 g feta cheese

For the vinaigrette

1 tsp cumin seeds
50 ml lemon juice
15 ml honey
100 ml olive oil
Salt
Pepper

Preparation:

- Wash and drain the quinoa. Boil in water or vegetable stock, two parts liquid for one part quinoa.
- Cook for 15 to 20 minutes (add herbs if you wish).
- Strain the quinoa and let cool. Set aside.
- Grate the carrots, halve the cherry tomatoes, chop the coriander and chilli, slice the celery, and seed and slice the cucumber.
- Toast the cumin seeds (until you smell the aroma).
- For the vinaigrette, lightly crush the toasted cumin in a mortar and then mix with the lemon juice, honey and olive oil.
- Mix all the ingredients in a large bowl, including the vinaigrette.
- To serve, line the plates with rocket. Place the salad on top and cover with the feta cheese.