

Sweet Potato & Apple Quinoa Salad

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: apple, mint, mixed baby greens, onion, parsley, sweet potato

Equipment:

metric measuring cup and spoons
clean tea towel
chopping board
cook's knife
vegetable peeler
2 large bowls
2 baking trays
medium saucepan
mixing spoon
serving bowl



Ingredients:

1 medium sweet potato, diced into 1 cm cubes
1 tbsp extra-virgin olive oil, plus an extra 1 tsp for roasting
1 cup quinoa, uncooked
1½ cups water
½ medium red onion, peeled and thinly sliced
1 small handful of flat-leaved parsley, chopped
2 large Granny Smith apples, diced into 1 cm cubes
¼ cup apple cider vinegar
1 small handful of mint, chopped
3 small handfuls of mixed baby greens
salt, to taste
freshly ground pepper, to taste

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. Coat the sweet potato pieces with 1 teaspoon oil in a large bowl.
4. Pour the sweet potato onto a baking tray and roast for 15–20 minutes.
5. 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).
6. Pour the cooked quinoa onto a baking tray and allow it to cool slightly.
7. Mix the onion, parsley, apples, 1 tablespoon oil and vinegar in a large bowl.
8. Combine with the rest of the ingredients and add salt and pepper to taste.
9. Transfer to a serving bowl.

