

ROASTED BEETROOT & QUINOA SALAD

 VEG, GF, RSF

 1 hr

 6-8



Ingredients

Salad

- 5 large handfuls of fresh mixed lettuce
- 5 large beetroot, peeled & cut into 8 equal pieces
- 1 cup tri-coloured quinoa, rinsed well
- 100g marinated goats cheese
- Extra virgin olive oil
- Flaked sea salt

Dressing

- 1/3 cup extra virgin olive oil
- Juice of 1 lemon
- 4 tbs apple cider vinegar
- Large pinch flaked sea salt



Method

1. Place the chopped beetroot onto a paper lined baking tray, then add a drizzle of extra virgin olive oil and a sprinkling of flaked sea salt.
2. Bake the beetroot in the oven at 180 degrees celcius for about 45 minutes.
3. Once cooked, remove from the oven and set aside to cool.
4. While the beetroot is baking, prepare the quinoa.
5. Rinse the quinoa under cold water at least 5 or 6 times (or until the water runs clear), to remove the bitter quinoa taste.
6. Place the cup of rinsed quinoa into a medium saucepan with 1 1/2 cups of boiling water.
7. Bring to the boil and let it simmer for 12 minutes with the lid on. Do not remove the lid during these 12 minutes as this will hinder the cooking process. Keeping the lid on ensures quick and even cooking of the quinoa.
8. Once cooked, check the water has been absorbed and remove the pot from the heat. If the water hasn't completely absorbed, place the lid back on the pot and allow it to sit for a further 3-5 minutes.
9. Now pour the quinoa out onto a paper lined tray and set aside to cool. You want the quinoa to be just cooked or slightly under cooked, but not over cooked. If it's overcooked it will be too mushy and clump together in the salad.
10. Create the dressing by adding all the ingredients into a jar with a screw top lid, and shake until well combined.
11. To assemble the salad, arrange the mixed lettuce into a large serving bowl, spoon over the quinoa and roasted beetroot, then add the goat's cheese.
12. Pour over the dressing just before serving, or leave it in a jar for people to pour over themselves. Enjoy!

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