



The Gathered Green

ABN: 60 149 134 643

P: 0409 841 048

jane@thegatheredgreen.com.au

KALE, QUINOA AND ROASTED BEETROOT SALAD

Thank you to taste.com.au for the inspiration towards this recipe, and to aussiefarmers.com for the picture.

Serves 4

Ingredients

- 3 medium sized carrots, diced into 1cm cubes
- 300g beetroot (1 medium sized beetroot), diced into 1cm cubes
- 2 medium sized leeks (or 4-5 baby leeks) sliced
- 1 cup of quinoa, rinsed, drained
- 150g kale, trimmed and chopped roughly
- 2 tablespoons pine nuts, lightly roasted
- 1 tablespoons of currants
- 1 tablespoon of dried cranberries
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 2 tablespoons fresh orange juice
- 1 teaspoon raw honey
- 60g marinated feta in oil, drained, crumbled
- 1 avocado, diced (optional)





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Method

Preheat oven to 200 degrees Celsius or 180 degrees fan forced. Line a large baking tray with baking paper. Place carrots, beetroot and leek on prepared tray. Drizzle with olive oil. Roast for 35-40 minutes or until vegetables are golden and tender.

Place quinoa and 2 cups of water in a medium saucepan, bring to boil. Reduce heat to low, cover and simmer for 12-15 minutes, or until water has evaporated and quinoa is al dente. Stir through kale until just wilted.

Transfer quinoa to a large bowl, add the roasted vegetables, pine nuts, currants and dried cranberries.

Whisk the oil, vinegar, orange juice and honey together in a small bowl. Add to quinoa/roasted vegetables and stir until well combined.

Season with salt and freshly ground black pepper.

Serve with crumbled marinated feta and diced avocado.

Enjoy!

Jane

