



ZUCCHINI, MINT & FETA QUINOA SALAD

This recipe was inspired by a dish I had at Bread in Common, a new restaurant in the port town of Fremantle in Western Australia.

It was fresh and light, with great flavour and texture and I knew I could make it at home – so this is my version. This will serve 6, alongside lamb or chicken for a main or you could have as is for a healthy meat free meal!



Ingredients:

1 cup organic quinoa
(ratio is 1:4 so will yield 4 cups when cooked)
2 cups water
1 bunch of asparagus
6 courgettes (baby zucchini)
1 zucchini (or ½ if it's a large one)
1-2 spring onions
½ bunch of mint
Organic feta
1-2 cloves of fresh garlic
Juice from 1 lemon
Olive oil (extra virgin) to dress

Directions:

Place quinoa and water in a small saucepan and season with a pinch of salt. Bring to a boil, reduce heat, and cover. Simmer until tender and water is absorbed, about 16 minutes. Transfer to a large bowl and let cool. Or cook similar to rice by putting quinoa in the basket in your thermomix and set to varoma.

Prepare vegetables – after cutting off the top and bottom, cut the courgettes in half lengthwise and half again (like batons). Cut the zucchini in half then cut into rounds. Trim the tail woody ends of the asparagus and cut into pieces. Mix together with a splash of olive oil and 1 teaspoon of crushed garlic. Roast in a hot oven 180-200°C for 30 mins or until they are golden and cooked. (You may prefer to blanch your asparagus separately as this method may overcook the asparagus slightly – but it saves on dishes!)

Strain the quinoa and allow to cool. Set the vegetables aside to cool also while you prepare the fresh cold ingredients. Slice spring onion, chop the mint and juice the lemon ready for the salad preparation.

Combine all ingredients once quinoa and courgette mix has cooled down. Sprinkle with feta, and dress with olive oil and lemon juice. Mix gently and serve.