

# Quinoa Salad with Roasted Beetroot, Feta & Baby Spinach

**Season:** Autumn/Winter/Spring

**Serves:** 30 tastes in the classroom or 6 serves at home

**Fresh from the garden:** baby spinach, beetroot, garlic, parsley

**Recipe source:** Adapted from a recipe by Fiona Inglis, Kitchen Specialist, Findon Primary School, Victoria ([www.fionainglis.com](http://www.fionainglis.com))

*Fiona says:* Quinoa is considered a 'super food' because it is rich in amino acids. It also offers an abundance of protein that is easily digestible and it is gluten-free. Quinoa is full of fibre, calcium and iron. It is available in red or white varieties.

**Note:** To save time in class, you can prepare the beetroot in advance.

## Equipment:

metric measuring scales and spoons  
clean tea towel  
chopping board  
cook's knife  
aluminium foil  
roasting tin  
large saucepan  
sieve  
small saucepan  
serving bowl  
mixing spoon

## Ingredients:

4 beetroot  
300 g quinoa  
200 g baby spinach  
3 tbsp parsley, roughly chopped  
100 g marinated feta, crumbled

## For the dressing:

2 tsp currants  
4 tbsp sherry vinegar  
1 small garlic clove, finely chopped  
2 tbsp extra-virgin olive oil  
¼ tsp salt, to taste  
¼ tsp 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. Wrap the beetroot in foil and place in the roasting tin. Roast for 30 minutes or until cooked through. Set aside to cool.
4. **\*Bring a large saucepan of salted water to the boil.** Add the quinoa and simmer uncovered for 10 minutes. Drain and set aside to cool.
5. Chop the cooked beetroot into small cubes and transfer to the serving bowl.

## To make the dressing:

1. Heat the currants and half of the sherry vinegar in the small saucepan over medium heat. Cook for 1–2 minutes or until the currants plump up.
2. Remove from the heat and add the remaining sherry vinegar, garlic, oil and the salt and pepper, to taste. Stir to combine.

**To assemble the salad:**

1. Add the quinoa, spinach, parsley and feta to the serving bowl.
2. Pour over the dressing and give the salad a gentle mix before serving.

**\*Adult supervision required.**

