

make
your
own...

This dish created by:



Richard Narramore
UoE Exec Chef



South West Quinoa Salad with roasted sweet potato, sliced avocado, green chilli and lime dressing

Ingredients

- 1 sweet potato (peeled and cut into 1.5" dice)
- 2tbsp olive oil
- 2tsp smoked paprika
- A pinch of sea salt
- 340g dried quinoa
- 950ml water
- 200g tinned sweetcorn (drained)
- 200g sliced frozen avocado (defrosted)
- 150g mixed plum tomatoes (sliced lengthways)

For the dressing:

- 1 clove of garlic (minced)
- 1tsp dried cumin
- 1tsp smoked paprika
- 2tbsp chopped fresh coriander
- ½tsp chilli powder
- ½tsp caster sugar
- Juice of half a lime
- 200ml olive oil
- Salt and pepper (to taste)

For the garnish:

- Fresh coriander
- Sliced green chilli
- Cracked black pepper

Serves 4

Suitable for Vegan | Vegetarian
Dairy free | Nut free | Gluten free

Method

Preheat the oven to 200°C.

Place the sweet potato on a large baking tray, drizzle over the oil and sprinkle over the smoked paprika and sea salt. Using your hands, rub everything together until the potato is well-coated in oil and seasoning.

Roast in the oven for 20-25 minutes, until slightly charred on the outside, and soft in the middle.

Meanwhile cook your quinoa. Thoroughly rinse the quinoa through a sieve, until the water runs clear. Place in a saucepan and with the water. Bring to the boil then reduce the heat and simmer, with the lid on for 10-15 minutes.

Leave with the lid on for a further 5 minutes. You should be able to see small spirals separating from the quinoa seeds once cooked (the germ).

To make the dressing, place the garlic, cumin, paprika, coriander, chilli powder, caster sugar, lime juice and olive oil in a bowl and whisk until thoroughly combined. Season with salt and pepper.

In a large mixing bowl toss together the cooked quinoa, sweetcorn, tomatoes, avocado and dressing using salad servers until everything is well combined.

Serve garnished with fresh coriander, sliced green chilli and cracked black pepper.