

Beetroot Quinoa Salad



A healthy, bright salad bursting with colour and flavour.

Ingredients

- 1 cup quinoa
- 2 cups vegetable stock
- 1 fresh beetroot, peeled and grated
- 1 carrot, peeled and grated
- 2 cups baby spinach
- 1/3 cup roasted almonds, roughly chopped

Dressing

- 1 tbsp dill, chopped
- 1 tbsp mint, chopped
- 1 garlic clove, crushed
- 3 tbsp apple cider vinegar
- 4 tbsp extra virgin olive oil

Method:

1. In a saucepan over medium high heat, bring vegetable stock and quinoa to a boil.
2. Reduce heat to low for a gentle simmer and cook for 15 minutes stirring occasionally until the quinoa has absorbed all the liquid. Remove from heat and cover the pot with a lid to let quinoa sit for a further 5 minutes to steam. When ready, remove the lid and fluff quinoa with a fork.
3. To make the dressing, place garlic, herbs, vinegar and olive oil in a bowl. Whisk to combine. Season to taste.
4. Assemble all salad ingredients and quinoa in a large bowl or platter. Pour dressing over the top and toss to combine.