Quinoa salad with toasted cumin and lemon vinaigrette

Chef Malika van Reenen (South Africa)

Serves: 4

Ingredients:

- 2 cups quinoa
- 4 carrots
- 12 cherry tomatoes
- 2 celery stalks
- ½ cucumber
- ½ green chilli
- 30 g rocket
- 1 handful coriander (cilantro)
- 100 g feta cheese

For the vinaigrette

- 1 tsp cumin seeds
- 50 ml lemon juice
- 15 ml honey
- 100 ml olive oil
- Salt
- Pepper

Preparation:

- Wash and drain the quinoa. Boil in water or vegetable stock, two parts liquid for one part quinoa.
- Cook for 15 to 20 minutes (add herbs if you wish).
- Strain the quinoa and let cool. Set aside.
- Grate the carrots, halve the cherry tomatoes, chop the coriander and chilli, slice the celery, and seed and slice the cucumber.
- Toast the cumin seeds (until you smell the aroma).
- For the vinaigrette, lightly crush the toasted cumin in a mortar and then mix with the lemon juice, honey and olive oil.
- Mix all the ingredients in a large bowl, including the vinaigrette.
- To serve, line the plates with rocket. Place the salad on top and cover with the feta cheese.