



QUINOA, BLACK BEAN AND SWEET POTATO SALAD

Ingredients

- 250g quinoa
- 250g dried black beans or 1 tin of black beans, drained
- 2 medium sweet potatoes
- 4 spring onions
- 1-2 red chillies to taste
- Small bunch of coriander, washed and dried
- 1 lime
- Olive oil
- Salt and pepper

Equipment: weighing scales, measuring jug, measuring spoons, mixing bowl, roasting tin, spatula, lemon squeezer, chopping board, knife, potato peeler

Method

1. If using dried beans you'll need to start the evening before by placing the beans to soak overnight in cold water. The next day, rinse the beans and place in a saucepan with fresh water. Bring to the boil and cook for about 45 minutes until tender. Drain and leave to cool.
2. Turn on the oven to 170C. Peel the sweet potatoes and chop into bite-sized pieces. Place in the roasting pan with 1 tablespoon of olive oil, making sure that the potatoes are coated in oil. Place in the oven and cook for about 30 /35minutes or until tender and lightly browned.
3. Cook the quinoa according to the instructions on the packet, drain and leave to cool.
4. Wash the spring onions, removing any tough outer skin. Remove the root from the bottom and slice finely.
5. Remove the seeds from the chillies and slice very finely (Be careful not to touch your eyes or skin and wash your hands thoroughly afterwards)
6. Squeeze the lime.
7. Chop the coriander finely
7. Place the quinoa, sweet potato, beans and chilli in a large mixing bowl. Add the lime juice and 2-3 tablespoons of olive oil. Season with salt and pepper to taste, stirring thoroughly. Finally, stir in the chopped coriander before serving.