

# Salads

## AVOCADO AND QUINOA SALSA SALAD



Serves 4

280 ml water  
125 ml quinoa  
2 ml ground coriander  
3 ml ground cumin  
50 ml avocado oil  
30 ml freshly squeezed lime juice  
1 green chilli, seeded and finely chopped  
1 clove garlic, crushed  
2 spring onions, finely chopped  
1 tomato, finely diced  
1 small yellow pepper, seeded and diced  
30 ml freshly chopped coriander  
1 packet asian salad or rocket leaves  
2 ripe avocados, peeled and sliced  
100 ml crumbled feta cheese  
A handful of cherry tomatoes, halved  
30 ml toasted pumpkin seeds

Rinse the quinoa well, place in saucepan and add 280 ml water, ground coriander and 2 ml cumin. Bring to the boil, reduce heat and simmer for 10 minutes until the quinoa is tender. Set aside to cool.

Mix together the oil, lime juice, chilli, garlic, spring onion, tomato, yellow pepper and coriander. Season with remaining cumin and a pinch of sugar and salt.

Mix the cooled quinoa gently together with the onion mixture and then add Asian salad or rocket leaves. Toss together.

Cut the avocado into cubes and drizzle with a little lime juice. Top salad with avocado, feta, cherry tomatoes and pumpkin seeds.

*Recipe by Louisa Holst, food editor of Ideas/Idees magazine*

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