



Beetroot Quinoa Salad

Ingredients

- 2 cups cooked quinoa
- 2 large carrots
- 1 large beetroot
- Handful of green kale/cavalo nero
- ½ cup toasted seeds (pumpkin, sunflower, flax & sesame)
- ¼ cup currants
- Palm full of fresh mint
- 4 tablespoons Bragg's apple cider vinegar
- Celtic sea salt & pepper to taste
- 2 tablespoons olive oil (optional)

What to do

- To cook quinoa:
Rinse 1 cup of dry quinoa under running water in a sieve. Add to 2 cups of cold filtered water in a pot. Bring to the boil with the lid on, turn down heat to half until you can no longer see any water, then turn off. Keep the lid on to steam through. Let quinoa cool down before using it in the salad.
- Peel (if in-organic) beetroot and carrots, then mandolin, julienne or grate.
- Thinly slice kale/cavalo nero and mint
- Add all ingredients together in a large bowl and mix well. Taste and season as required. Add more vinegar or add lemon juice if you like more sharpness.

Note: This recipe can be made with virtually anything. Experiment with different vegetables and grains. A favourite at The Goodness Kitchen is this recipe made with millet instead of quinoa, with the addition of walnuts. Enjoy!