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WK44  
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## Rustic Carrot, Goat Cheese & Quinoa Salad with Fresh Herbs

It's hard not to feel your heart skip a beat when you look down at this rainbow on a plate. Proving that being big on health doesn't mean taste has to suffer, this quinoa salad comes alive with rich garam masala, bright sweet potato and purple carrots, and rich creamy goat cheese. Now that'll put a smile on your dial!



**Prep:** 10 mins

**Cook:** 25 mins

**Total:** 35 mins



level 1



low sodium

### Pantry Items



Olive Oil



Water



Sweet Potato



Purple Carrots



Garam Masala



Quinoa



Marinated Goat Cheese



Parsley






Roasted Almonds

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2P	4P	Ingredients
200 g	400 g	sweet potato, peeled & diced 
1	2	purple carrot, washed & sliced into discs
½ sachet	1 sachet	garam masala
1 tbs	2 tbs	olive oil *
1 packet	2 packets	quinoa, rinsed well
1 ½ cups	3 cups	water *
1 tub	2 tubs	marinated goat cheese, crumbled
½ bunch	1 bunch	parsley, leaves picked & roughly chopped 
1 packet	2 packets	roasted almonds, roughly chopped

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	2320	Kj
Protein	20.6	g
Fat, total	25.6	g
-saturated	6.1	g
Carbohydrate	59.9	g
-sugars	8.8	g
Sodium	284	mg



**You will need:** *chef's knife, chopping board, vegetable peeler, sieve, mixing bowl, oven tray lined with baking paper, medium saucepan with a lid and fork.*

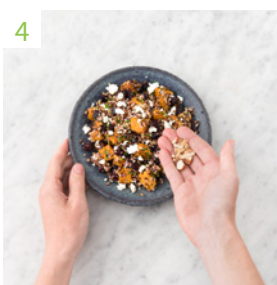
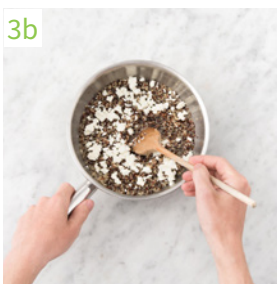
**1** Preheat oven to 220°C/200°C fan-forced.

**2** Place the **sweet potato, purple carrot** and **garam masala** in a mixing bowl. Toss in half the **olive oil** and season to taste with **salt and pepper**. Place on the prepared oven tray and cook in the oven for **20 minutes**, or until golden brown and cooked through.

**3** Meanwhile, place the **quinoa** and **water** in a medium saucepan and bring to the boil. Cover with a lid and reduce to a medium heat. Simmer for **12-15 minutes**, or until the quinoa is tender and the water has absorbed. If any water remains, drain the quinoa and return to the saucepan. Once cooled slightly, fluff with a fork and sprinkle in the **marinated goat cheese** and chopped **parsley** and mix well. Season with salt and pepper and drizzle with the remaining olive oil.

**4** Once the vegetables are roasted add them to the quinoa mix and top with **roasted almonds**.

**5** To serve, divide the salad between bowls. Enjoy!



**Did you know?** The world's largest carrot was recorded in 2014 and weighed in at over 9 kg!