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Warm Lentil & Quinoa Salad

Every jewelled bite of this salad is a treasure trove of delights. From earthy quinoa to sweet carrots; tasty lentils to rich nutty roasted almonds and creamy fetta cheese, it's all going on. Roasting carrots is so easy, but transforms their flavour in a very special way. This dish is so good that you'll want to make it again and again.

 **Prep:** 15 mins
 **Cook:** 30 mins
Total: 45 mins
 **gluten free**

 **level 1**
 **low kJ**

Pantry Items



Olive Oil



Quinoa



Carrots



Red Onion



Cumin



Lentils



Lemon



Parsley



Baby Spinach








Roasted Almonds




Fetta Cheese


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2P	4P	Ingredients	
2	4	carrots, peeled & cut into batons	 
1 tbs	2 tbs	olive oil *	
½ cup	1 cup	quinoa, rinsed well	
1	2	red onion, finely chopped	
½ tsp	1 tsp	cumin (recommended amount)	
1 tin	2 tins	lentils, drained & rinsed	
½	1	lemon, juiced	
½ bunch	1 bunch	parsley, roughly chopped	 
1 bag	2 bags	baby spinach	
¼ cup	½ cup	roasted almonds, roughly chopped	
1 block	2 blocks	fetta cheese, crumbled	

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2620	Kj
Protein	26.9	g
Fat, total	26.2	g
-saturated	6.1	g
Carbohydrate	65.4	g
-sugars	13.3	g
Sodium	379	mg



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

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

2 Toss the **carrot** in half of the **olive oil** and place in a single layer on the lined oven tray. Season with **salt** and **pepper**. Cook in the oven for **20 minutes** or until the carrot is tender and golden.

3 Meanwhile, add the **quinoa** to a medium saucepan with double the amount of water and bring to the boil. Cover and reduce to a medium-low heat. Simmer gently for **12-15 minutes** or until the quinoa is tender. Drain really well.

4 Heat the remaining olive oil in a medium frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **3 minutes** or until the onion is soft. Add the **cumin** and cook, stirring, for **1 minute** or until fragrant. Add the **lentils** and cook for **1 minute**, stirring, or until heated through. Add the **lemon juice** and then remove from the heat.

5 Add the quinoa, carrot, **parsley**, **baby spinach**, **roasted almonds** and **fetta cheese** to the lentil mixture and toss to combine well. Season to taste with salt and pepper.

6 Divide the carrot and lentil salad between plates.

Did you know? NASA declared quinoa as the perfect astronaut snack for long-term missions because it contains all the essential amino acids, is mineral rich and gluten free!

