

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











Olive Oil



Quinoa







Red Onion



Cumin



Lentils



Lemon





Baby Spinach



Roasted Almonds





Fetta Cheese

	2P	4P	Ingredients	# Ingredien
	2	4	carrots, peeled & cut into batons	in anothe
	1 tbs	2 tbs	olive oil *	* Pantry Ite
	½ cup	1 cup	quinoa, rinsed well	r anti y ite
	1	2	red onion, finely chopped	Pre-prepa
	½ tsp	1 tsp	cumin (recommended amount)	
	1 tin	2 tins	lentils, drained & rinsed	Nutrition pe
	1/2	1	lemon, juiced	Energy Protein
	½ bunch	1 bunch	parsley, roughly chopped	Fat, total
	1 bag	2 bags	baby spinach	-saturated
	¼ cup	½ cup	roasted almonds, roughly chopped	Carbohydrate
	1 block	2 blocks	fetta cheese, crumbled	-sugars
			,	Sodium

***	Ingredient features
	in another recipe

ems

aration

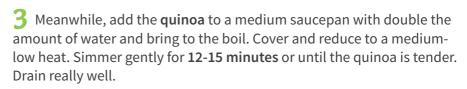
Nutr	ition	per	serve
------	-------	-----	-------

Nutificion 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 howl

- 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.





4 Heat the remaining olive oil in a medium frying pan over a mediumhigh 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 guinoa, 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.



Divide the carrot and lentil salad between plates.

Did you know? NASA declared guinoa as the perfect astronaunt snack for longterm missions because it contains all the essential amino acids, is mineral rich and gluten free!