

Kitchen Garden at Collingwood College 2018
TERM 3, WEEK 2

Name of Recipe: Roasted Root Vegetable & Quinoa (GF) Salad

Volunteer Notes: Quinoa will take about 15 minutes to cook.

There will be 1 portion for your group to start with. Please put on for the following lesson.
Oven on 200 °C

From our garden-celery, parsley, bay leaf, oregano, thyme, spring onion, mint edible flowers

What to collect	What to do
1 x large mixing bowl 1 medium pot w lid 1 x cup Quinoa 2 x cup water	Measure Quinoa and water and put into a pot. Add seasoning (salt/pepper) & 1 bay-leaf, turn heat on. Bring to the boil-reduce to a simmer and put the lid on. Cook until all water has evaporated. This portion will be for the next lesson. Use the pre-cooked Quinoa for your salad.
Roasting tray lined with baking paper 1 bunch Dutch carrots carrots, peeled & cut into ¼'s 1 x onions-cut in ½, outer skin removed, cut into thin slices 2 x beetroot washed & cut into batons 60 ml XV olive oil 2 x tsp Cumin ground or seeds 10 sprigs of each-Thyme, oregano Salt flakes/pepper	Prepare the vegetables. Toss them with olive oil, spice, seasoning, thyme, oregano and roast until soft (20 minutes).Set aside to cool. Add vegetables to the quinoa.
1 heavy based pan ½ cup peas 2 x clove garlic-chopped finely Splash olive oil	Heat oil in pan over medium heat, add peas & chopped garlic, cook 2 minutes & add to the quinoa mix.
Herbs> parsley, lots, washed & chopped Mint leaves washed, spin & slice 2-3 x Spring onions, washed, trim root off, sliced thinly	Prepare all the herbs, put into Quinoa bowl. Prepare the spring onion; add.
1 x orange zest & juiced Salt flakes/ground pepper	1 person to zest orange, juice & add with the prepared vegetables & Quinoa bowl. Stir gently and taste for seasoning.
3- bowls or platters Edible flowers/herbs sprigs (mint/parsley)	Divide into 3 bowls, garnish with herbs.