



Kitchen Garden at Collingwood College Term 1- Menu 1-2021

Name of Recipe: Quinoa Salad Zucchini, Silver-beet, Carrot, Mint & Lemon

Volunteer Notes: Quinoa will be cooked ahead to use.

Oven on 200 oc.

From our garden-zucchini, silver-beet, 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	Follow instructions for Quinoa-add seasoning (salt/pepper) & bay-leave, turn on bring to the boil-reduce to a simmer and put the lid on. Cook until all water has evaporated. This is for the next lesson. Use the Quinoa ready for you cooling in a large bowl.
Roasting tray lined with baking paper 1 x portion Zucchini, cut into batons Thyme, oregano 1-2 tbsp XV olive oil Salt flakes/pepper 2 x tsp Cumin ground or seeds	Prepare the zucchini. Toss with some olive oil, spice, seasoning, thyme, oregano and roast until soft but not mushy. Set aside to cool. Add to the quinoa mixing bowl when cool.
1 heavy based pan ½ cup peas/silver-beet (washed/sliced)	Heat oil in pan over medium heat, add peas, silver-beet & chopped garlic, cook 2 minutes & set

