

Kitchen Garden at Collingwood College Term 4

Name of Recipe: Quinoa Salad with Greens, Beans, Seeds & Herbs

Volunteer Notes: Quinoa will take about 20 mins to cook.

There will be 1 portion for your group to start with.

From our garden- parsley, bay leaf, oregano, celery, 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 cold water 1/4 x tsp salt 1/4 tsp pepper freshly ground 1 x bay leaf	For Quinoa-add all measured ingredients into a medium sized pot, 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.
2-3 sticks celery-trim/wash. Cut into very small dice.	Add celery to the large mixing bowl when Quinoa is cool.
1 heavy based sauté pan 300 g beans topped & cut into small pieces 2 x clove garlic-chopped finely 2 x tbsp XV olive Oil 10 x Silver-beet/chard etc washed & roll up & cut thinly Salad-spinner	Heat oil in pan over medium heat, add beans & chopped garlic, cook 3 minutes & set aside to cool. Put into the Quinoa bowl. Re-heat the pan, add 1 tbsp olive oil and greens, pinch salt & 4 grinds pepper. Cook until just wilted. Cool & put into quinoa bowl.
Herbs> parsley, lots, washed & chopped Oregano sprigs/thyme picked, washed/spin 3 x Spring onions, washed, sliced thinly	Prepare all the herbs & spring onions put into bowl.
1 x lemon zest & juiced 1 x portion dry pan-fried seeds-such as pumpkin & sunflower Salt flakes/ground pepper	Add the lemon zest/juice & toasted seed. Stir gently and taste for seasoning.
3 bowls or platters Edible flowers/herbs sprigs (mint/parsley)	Divide into 3 bowls, garnish with herbs.

