

Kitchen Garden at Collingwood College 2019
TERM 2, WEEK 2

Name of Recipe: Roasted Root Vegetable & Quinoa Salad

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

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

Oven on 200 oc.

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	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 portion carrots peeled & cut into ¼'s 2 x onions-cut in ½, outer skin removed, cut into thin slices 2 x zucchini, cut into batons Thyme, oregano 60 ml XV olive oil Salt flakes/pepper 2 x tsp Cumin ground or seeds	Prepare the vegetables. Toss them 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 2 x clove garlic-chopped finely Splash olive oil	Heat oil in pan over medium heat, add peas & chopped garlic, cook 2 minutes & set aside.
Herbs> parsley, lots, washed & chopped Mint leaves washed, spin & slice 2-3 x Spring onions, washed, sliced thinly	Prepare all the herbs, put into Quinoa bowl. Prepare the spring onion; add to the large bowl.
1 x orange zest & juiced Salt flakes/ground pepper	1 person to zest orange, juice & add with the prepared vegetables to cooked 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.