

UCOOK

Avo Quinoa & Buttermilk Salad

with apple, crispy lentils & spring onion

They say you eat with your eyes, so get ready to feast on the most appetising & colourful salad you've seen in a while. Tender red quinoa, fresh green leaves, tart apple slices, crispy dots of lentils, and creamy avo slices are all tossed together and then drizzled with a dreamy buttermilk dressing. A scattering of sweet cranberries & seeds completes this picture perfect meal.


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Veggie

 Creation Wines | Creation Sauvignon Blanc/Semillon

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Ingredients & Prep

75ml	Red Quinoa <i>rinsed</i>
120g	Lentils
4g	Fresh Dill <i>rinsed</i>
80g	Baby Tomatoes
1	Spring Onion
20g	Salad Leaves <i>rinsed</i>
30ml	Buttermilk
20ml	Crème Fraîche
1	Apple <i>rinsed</i>
1	Avocado
10ml	Red Wine Vinegar
25g	Seed & Cranberry Mix <i>(15g Sunflower Seeds & 10g Dried Cranberries)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. QUICK QUINOA Place the rinsed quinoa in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat, drain (if necessary), and set aside to steam, about 5 minutes.

2. PREP STEP While the quinoa is simmering, drain and rinse the lentils. Roughly chop the rinsed dill. Halve or quarter the baby tomatoes. Finely slice the spring onion, keeping the white and green parts separate. Roughly shred the rinsed salad leaves.

3. LET LOOSE WITH LENTILS Place a pan over a medium-high heat with a drizzle of oil. When hot, toast the drained lentils until golden and crispy, 12-15 minutes. In the final 1-2 minutes, add the spring onion whites. Season to taste.

4. A DRIZZLE OF DILL-ISH In a bowl, combine the buttermilk, the crème fraîche, and ½ the chopped dill. Loosen with water in 5ml increments until drizzling consistency. Season to taste.

5. AVO & APPLE Cut ½ the apple into bite-sized chunks. Halve the avocado and slice ½ the avocado into slices.

6. IT'S ALL COMING TOGETHER In a salad bowl, combine the vinegar, a sweetener of choice (to taste), a drizzle of olive oil, the quinoa, the shredded salad leaves, the apple chunks, the spring onion greens, the halved or quartered baby tomatoes, the crispy lentils and seasoning.

7. YOU MADE IT, CHEF! Bowl up the loaded quinoa salad. Top with the avocado slices and drizzle over the buttermilk dressing. Scatter over the seed & cranberry mix. Garnish with the remaining dill. Well done, Chef!

Nutritional Information

Per 100g

Energy	663kJ
Energy	158kcal
Protein	5.9g
Carbs	20g
of which sugars	4g
Fibre	6.2g
Fat	6.5g
of which saturated	1.5g
Sodium	13mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days