

Eat Within 2 Days

QCOOK

Sweet Strawberry & Quinoa Salad

with pita chips

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterford Estate | Waterford Pecan Stream Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	801kJ	3862kJ
Energy	192kcal	924kcal
Protein	6.8g	32.9g
Carbs	30g	146g
of which sugars	6.9g	33.5g
Fibre	3.8g	18.5g
Fat	4.7g	22.5g
of which saturated	1.4g	6.6g
Sodium	161mg	778mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
20ml	40ml	Red Wine Vinegar
100g	200g	Fresh Strawberries *rinse, trim & cut in half*
50ml	100ml	White Quinoa *rinse*
120g	240g	Chickpeas *drain & rinse*
1	1	Pita Bread *cut in half, lengthways*
10g	20g	Walnuts *roughly chop*
50g	100g	Corn
20g	40g	Salad Leaves *rinse & roughly shred*
30g	60g	Danish-style Feta *drain & crumble*
3g	5g	Fresh Mint *rinse, pick & roughly chop*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Milk (optional)
Butter (optional)
Sugar/Sweetener/Honey

1. MARINATED STRAWBERRIES Preheat the oven to 200°C. In a bowl, combine the vinegar with 10ml [20ml] of sweetener. Toss through the strawberries and set aside to marinate.

2. KEEN ON QUINOA Place the quinoa in a pot with 100ml [200ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 15-20 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. CRISPY CHICKPEAS Spread the chickpeas on a roasting tray, coat in oil, and season. Roast until golden and crispy, 12-15 minutes. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

4. PITA CHIPS Cut open the pita pockets, seperate the sides and then cut into small triangles. Coat in oil and seasoning. When the chickpeas have 5 minutes left, spread the pita pieces on a separate roasting tray and place in the oven for the remaining time.

5. NUTS & CORN Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to the heat with a drizzle of oil. Fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

6. DRESSING & LOADED SALAD Drain and reserve the marinating liquid from the strawberries and set aside. When the quinoa is ready, toss with the salad leaves, strawberries, chickpeas and corn. To the bowl with the reserved marinating liquid, mix through a drizzle of olive oil and seasoning. Mix and set aside.

7. SENSATIONAL, CHEF! Plate up the strawberry loaded quinoa salad. Scatter with feta, nuts and mint. Drizzle over the dressing and serve the pita chips on the side for scooping. Simply delicious, Chef!