

# Cauliflower and Quinoa Salad

**Season:** Spring/Summer

**Difficulty:** Medium

**Serves:** 30-40 small serves

**Recipe Source:** Melanie Nimos (kitchen volunteer)

<b>Equipment:</b>	<b>Ingredients:</b>
<ul style="list-style-type: none"> <li>• Grater</li> <li>• Large saucepan</li> <li>• Sieve</li> <li>• Knife and chopping board</li> <li>• Microplane</li> <li>• Juicer</li> <li>• Measuring cups and spoons</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup quinoa</li> <li>• 500 grams cauliflower</li> <li>• 250 gram punnet of cherry tomatoes (or normal tomatoes)</li> <li>• 1 red capsicum</li> <li>• 1 cup of mint</li> <li>• Zest and juice of 1/2 a lemon</li> <li>• 3 tablespoons EVOO</li> <li>• Salt and pepper</li> </ul>

## What to do:

- Rinse Quinoa thoroughly in the saucepan then pour through a sieve. Repeat.
- Add three cups of water to saucepan and bring to boil; simmer for 14 minutes.
- Meanwhile coarsely grate cauliflower, quarter cherry tomatoes, finely dice red capsicum.
- Finely chop the mint and zest and juice half a lemon. Measure out EVOO.
- Once Quinoa is cooked fluff with a fork then add the vegetables and stir. Add the mint, lemon zest and juice and olive oil.
- Add a generous amount of salt and pepper (about a teaspoon of each to taste) and stir through. Taste to check balance of flavours. Add salt, lemon juice or pepper if you think it needs it.
- Serve as a delicious salad.

## Notes

You can adapt the ingredients to what is available, but the raw cauliflower is particularly tasty. Also nice with green beans or peas.