

Black Quinoa Salad with Mango, Avocado & Tomatoes



Ingredients:

1 cup uncooked HCW Black Quinoa, Organic

2 cups water

Pinch of salt

1 large mango, diced

2 large tomatoes, diced

3 onions, sliced

½ cup coriander, chopped

2 medium avocados, diced

¼ cup fresh lime juice

1 tbsp olive oil

½ tsp cumin

Salt and pepper, to taste

Method:

1.

Add the quinoa, water and salt to a medium saucepan and bring to a boil for 5 minutes. Turn down the heat and simmer for about 15 minutes, or until water is absorbed. Remove from the heat and fluff with a fork. Let the quinoa cool to room temperature.

2.

In a large bowl, combine the quinoa, mango, tomatoes, onions, coriander and avocados.

3.

In a small bowl, whisk together the lime juice, olive oil and cumin.

4.

Pour the dressing over the quinoa salad and gently stir until well combined.

5.

Season with salt and pepper. Serve at room temperature or chilled. Serves 6-8

12 things you should know about quinoa

1. it's delicious

No matter how 'good for you' a food is, I don't include it in my diet unless it passes the taste test. Puffed quinoa won't be starring on stonessoup anytime soon but the whole grains definitely make it. Slightly nutty and grainy, they're something I could keep eating and eating.

2. it has a funny pronunciation

I always feel a tiny bit pretentious when I correct people but apparently it likes to be referred to

as 'keen-wah'.

3. it's high in protein

A big positive for vegetarians and athletes as I've learned recently. It's also pretty good on iron and fibre, which gets the nutritionists excited.

4. it's gluten free

With my Dad being gluten intolerant, I'm always appreciative of new options to cook for him. He's pretty keen on the rolled quinoa flakes for breakfast as well.

5. it needs washing before use

I read somewhere that the surface of quinoa contains a chemical called saponin that has a bitter soapy taste. Most commercial quinoa will already be washed and have the saponin removed but it's a good idea to rinse it just before you use it in case there are residues.

6. it comes in different colours

Just like grapes, quinoa comes in different varieties. The most common is white, but there are also red and black. Health Connection stocks all three varieties.

7. it comes in different forms

Just like corn, it can be puffed or rolled into flakes or you can buy it whole.

8. it looks like a grain but is actually a seed

9. it has an interesting texture

The thing I love about quinoa is it's texture. Something a little like barley with its chewiness, it also has a light fluffiness akin to well prepared couscous.

10. it's better if you cook it

One of my first experiment with quinoa I just rinsed it in boiling water, tossed it in dressing and used it in a salad. It was edible but a little weird.

11. you can also eat the leaves

I'm yet to find a source of fresh quinoa or it's leaves but if you do apparently the leaves are edible. Something like chard or silverbeet.

12. it's becoming more readily available

In South Africa it's even available in the 'health food' section of most supermarkets. Am sure any health food store worth its lentils would either already stock quinoa or be able to source it for you.

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Enjoy!