



The Gathered Green

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RADISH, CORN & QUINOA SALAD

Thank you to artdefete.com for providing inspiration for this recipe, and to foodandwine.com for the picture.

Serves 4 as a side

Ingredients

- 1 cup of uncooked quinoa
- 2 cups of vegetable stock (homemade or additive free)
- 1 teaspoon of coconut oil
- Corn kernels off two cobs of corn
- ¼ teaspoon cumin
- 1 dessert spoon of raw honey
- 2 to 3 tablespoons of fresh lemon juice
- 6 small radish, thinly sliced
- 1 small cucumber, thinly sliced
- Sea salt and freshly ground black pepper, to taste.
- Chopped mint to garnish





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Method

Rinse quinoa in cool running water using a strainer. Heat a saucepan over medium high heat and add approximately 2 teaspoons of coconut oil. Toast the quinoa in the oil, stirring frequently with a wooden spoon, until quinoa is a light golden colour, about six to eight minutes.

Pour stock into saucepan and bring mixture to a boil. Put a lid in place and decrease heat to low. Cook for approximately 15 minutes without stirring. Remove pan from heat and let stand, with lid still in place, for five minutes.

While quinoa is cooking, remove kernels from corn cobs using a knife. Heat 2 teaspoons of coconut oil in a frypan before adding corn kernels. Cook for approximately 2 minutes, stirring frequently. Add cumin, lemon juice and honey to corn and cook for a further 1 minute, stirring frequently. Remove from heat.

Add corn, radish and cucumber to cooked quinoa and toss to combine.

Garnish with chopped mint and season with salt and pepper to taste.

Serve as a side with roasted lamb, or enjoy on its own as an entrée!

Jane

