

Herbal Quinoa Salad

From Plenty by Yotam Ottolenghi



The flavors and the satisfaction of eating this dish has comfort food written all over it. The herbs and the roasted sweet potato bring this home.

It can stand alone and pairs well with other vegetable or meat dishes.

Dried Persian Lime can be difficult to find but don't let that keep you from making this amazing flavorful dish. I use Ground Lime Pepper when I make it.

Serves 4 – 6.

Ingredients

2 medium sweet potatoes (about 12 oz each)
7 tbsp olive oil
Salt and black pepper
1 cup mixed basmati and wild rice
1 cup quinoa
4 garlic cloves thinly sliced.
3 tbsp shredded sage leaves
3 tbsp roughly chopped oregano
2 tbsp ground dried Persian Lime
6 tbsp shredded mint
4 green onions (green parts only), thinly sliced, plus extra to finish.
1 tsp lemon juice
6 oz feta, crumbled



Instructions

Preheat the oven to 400°F. Peel the sweet potatoes and cut them into roughly 1 inch dice. Spread in a baking pan lined with parchment paper, drizzle over half the oil and sprinkle with salt and pepper. Roast for 20 – 25 minutes, or until tender. Meanwhile, cook the basmati and wild rice as instructed on the packet: drain. Place the quinoa in a pan with plenty of boiling water and simmer for 9 minutes; drain in a fine sieve. When dry (but still warm), transfer the rice and quinoa to a large mixing bowl. Pour the remaining oil into a small frying pan to heat up, then fry the garlic for about 30 seconds, or until it turns lightly golden. Add the sage and oregano and stir as you fry for about a minute; watch to be sure that the herbs or garlic don't burn. Pour the contents of the pan over the rice and quinoa. Next, add the roasted sweet potato with its oil. Add the lime powder, mint, green onions, lemon juice, feta, and some salt and pepper. Toss everything together gently, being careful not to mush up the sweet potato and feta. Taste and adjust the seasoning. Serve warmish, or at room temperature, garnished with green onions.

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