Beetroot & quinoa salad

Recipe Source: Women’s weekly Salads

Ingredients:
- 1 cup quinoa
- 3-4 medium beetroots
- 250g cherry tomatoes
- ½ white salad onion
- 250g salad leaves
- ½ cup basil or parsley
- 2 Tbl sp lemon juice
- 1 Tbl sp balsamic vinegar
- 2 tsp olive oil
- 1 clove garlic

Equipment:
- Medium pot
- Bowls
- Peelers
- Jar with lid
- Juicer
- Measuring spoons
- Measuring cups

What to do:
1. Place the quinoa into the pot and add 2 cups of water, bring to the boil and simmer for 15 minutes. Remove from the heat and leave to stand for 10 minutes with the lid on.
2. Peel and cut the beetroots into small wedges, place into the microwave and steam for 10 minutes, set aside to cool.
3. Peel and finely chop the garlic and place into the jar.
4. Juice the lemon and add to the jar with the vinegar and olive oil, place the lid on and shake well.
5. Finely dice the onion and place into a large bowl. Wash and spin the salad leaves and add to the bowl.
6. Cut the cherry tomatoes in half and place into the bowl with the onion.
7. Place the cooked quinoa and beetroots into the bowl.
8. Tear the basil into small pieces and place into the bowl.
9. Pour over the dressing and stir through just before serving.