

NutritionConfidence Recipes

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Quinoa & Fig Salad

Recipe by Vanessa Marx

Photograph by Claire Dunn

Ingredients

1 cup white quinoa	1/2 cucumber
2 cups water	120 ml extra virgin olive oil
8 purple figs, cut into quarters	50 ml white wine vinegar
100 g walnuts, raw & unsalted	1 tablespoon honey
200 g mixed salad greens (rocket, baby spinach, watercress)	1 teaspoon smooth Dijon mustard

Method

- 1 Preheat the oven to 150 deg C.
- 2 Put the quinoa & water into a medium saucepan on a medium heat. Cook the quinoa for about 20 minutes until it expands and opens slightly. Cook with the lid on. Remove from the heat and strain the excess water from the quinoa. Season with a pinch of salt and leave the quinoa to cool.
- 3 Roast the walnuts on an oven proof tray for about 10 minutes, check on the walnuts now and then to make sure they don't burn. Remove the nuts from the oven and leave to cool.
- 4 Using a peeler, peel the cucumber to make long thin ribbons. Peel around the cucumber using only the firm outside parts. Discard the middle part of the cucumber with the seeds or eat as a snack.
- 5 To make the dressing: whisk the vinegar, honey & mustard in a mixing bowl. Slowly drizzle the olive oil into the bowl, while continuously whisking to combine.
- 6 Assemble the salad greens on a large plate or platter. Sprinkle the cooled quinoa over the salad leaves. Arrange the figs and cucumber ribbons on top of the salad. Sprinkle the roasted walnuts over the salad and drizzle with the dressing.
- 7 Serve as a light main course or as a healthy side salad to your favourite dish.



Serves 4



We love it!

We love the combination of sweet, salty and sour in this recipe! A lovely vegan main meal containing a good combination of protein, carbohydrate and healthy mono-unsaturated fats!



Dietitians say...

Quinoa is a good source of fibre, folate, magnesium, manganese, phosphorus and B vitamins.

It has an amino acid score of 106, which indicates a complete or high-quality protein.

Quinoa is also a good source of carbohydrate and contains roughly the same amount of carbohydrate than a 100 g portion of cooked brown rice.

The Nutritional Value serves 4: Energy 2689 kJ Protein 11.3 g Carbohydrate 51.3 g Total fat 44 g Dietary Fibre 41 g Sodium 8 mg