

Quinoa and Sweet Potato Salad

1 cup quinoa

1 small to medium sweet potato, peeled and diced

500g water

Selection of fresh vegetables such as diced capsicum, diced cucumber, chopped snow peas, lightly fried/baked asparagus, diced red onion/spring onions, cherry tomatoes

Couple of handfuls of rocket or fresh gourmet lettuce leaves of choice

¼ cup of either walnuts, pepitas or sunflower seeds

Big handful chopped fresh coriander and mint leaves

Place quinoa in simmering basket then rinse under the tap until it runs clear. Insert simmering basket into bowl, put potato on top of quinoa. Pour water into bowl. Cook for **20 minutes at Varoma Temp Speed 4**. Remove basket and set aside to cool.

When cooled, place all ingredients into a large salad bowl and combine.

For the Dressing (can be made in advance)

50g lime juice

50g red wine vinegar

15g soy sauce

40g honey

80g olive oil

1 fresh garlic clove peeled

1 tsp cumin seeds

1 chilli or to taste

Place all ingredients into the bowl and blitz **Speed 8 for 10 seconds**. Pour over the salad.