Name: \_\_\_\_\_\_\_\_\_ Unit: \_\_\_\_\_\_\_

Block: \_\_\_\_\_\_ Duty: \_\_\_\_\_\_

Quinoa Salad

**Ingredients:**

* 40mL quinoa
* 40mL corn
* ¼ of a red pepper
* ¼ of a cucumber
* ¼ of an onion
* ½ a tomato
* ½ an avocado

**Equipment:**

* Measuring tray
* Chef’s knife
* Cutting board
* Bowl
* Custard cup
* Pot

**Dressing:**

* 2mL cumin
* 2mL chilli powder
* 1 garlic clove
* 30mL olive oil
* ½ lime (juice)

**Directions:**

**Quinoa:**

1. Bring 100mL of water to a boil – add quinoa and a dash of salt.
2. Once boiling reduce heat to simmer and cook until water is absorbed – about 15 minutes
3. Turn off heat, add corn and stir in. Let sit.

**Dressing:**

1. In a custard cup or small bowl mix together lime juice, cumin, chilli powder, garlic and oil. Let sit.

**Salad:**

1. Dice the tomato, red pepper, avocado, cucumber and onion – put in the large bowl.
2. Add dressing. Toss to coat.
3. Add quinoa and corn mixture. Mix well.