

Quinoa & cheese rainbow salad

Total time **70 mins** **20 mins** preparation time **40 mins** cooking time **10 mins** marinating time

Nutritional facts (per portion):
2,093 kJ / 500 kcal

Fat: **20 g** Protein: **15 g**
Carbohydrates: **65 g**

INGREDIENTS

2 portion(s)

45 g	white quinoa
45 g	red quinoa
45 g	black quinoa
200 g	sweet potato, peeled and diced
2 tbsp	olive oil
1	ripe avocado, diced
50 g	goat's cheese, cut into pieces
0.5	apple, peeled and diced
40 g	walnuts, lightly toasted
40 g	roasted chickpeas
3 tbsp	<u>Kikkoman Sauce for Rice</u> - sweet
	Salt and pepper
	Fresh parsley for garnish

PREPARATION

Step 1

45 g white quinoa - **45 g** red quinoa - **45 g** black quinoa - Salt to taste

Cook the white, red and black quinoa separately in pots according to the packet instructions. Once cooked, set aside to cool.

Step 2

200 g sweet potato, peeled and diced - **2 tbsp** olive oil - Salt to taste

Spread sweet potato on a baking tray. Drizzle with the olive oil and season with a little salt. Roast in a preheated oven at 200°C for about 20 minutes, or until tender.

Step 3

1 ripe avocado, diced - **50 g** goat's cheese, cut into pieces - **0.5** apple, peeled and diced - **40 g** walnuts, lightly roasted - **40 g** roasted chickpeas - **3 tbsp** Kikkoman Sauce for Rice - sweet

In a bowl, combine the avocado, goat's cheese, apple, walnuts and chickpeas. Drizzle with the Kikkoman Sauce for Rice and leave to marinate for 10-15 minutes.

Step 4

Salt and pepper to taste - Fresh parsley for garnish
In a large bowl, mix all three types of quinoa. Add the roasted sweet potato and the marinated ingredients. Toss gently to combine. Season to taste with the salt and pepper. Transfer to a serving plate and sprinkle with the chopped parsley. Serve immediately.