



Sarah's Grain Salad with Kale

INGREDIENTS (Serves 6)

1 cup quinoa, rinsed
1 cup brown rice, rinsed
4 cups vegetable stock (*we use Campbell's 'Real Stock'*)
1 x 400 gm (14 oz) can corn kernels, drained and rinsed (or kernels from 1 fresh cob)
1 x 400 gm (14 oz) can black beans, drained and rinsed
250 gm of chopped kale (remove stems and thick ribs first, can blanch for 2 mins for a more tender taste)
250 gm of cherry tomatoes (halved or roughly chopped)
3 tablespoons chopped spring onion
Any roast veggies, I like pumpkin, sweet potatoes and/or carrots, diced and pre roasted

3 tablespoons lemon juice
2 - 3 tablespoons of extra virgin olive oil
1 tsp ground cumin
1 tsp ground coriander
1/2 tsp chilli powder or ground chilli
1 tsp sea salt

METHOD

Cook the quinoa and brown rice separately:

Combine the quinoa and 2 cups of vegetable stock in a saucepan and bring to the boil.

Reduce the heat to low, cover and simmer until the quinoa is tender and most of the liquid has been absorbed, 15-20 minutes. Fluff with a fork and allow to cool.

Combine the brown rice and 2 cups of vegetable stock in a saucepan and bring to the boil.

Reduce the heat to low, cover and simmer until the quinoa is tender and most of the liquid has been absorbed, about 30 minutes. Fluff with a fork and allow to cool.

In a large bowl, combine the lemon juice, oil, cumin, coriander, chilli and salt. Then stir in the tomatoes and then the remaining ingredients and toss to combine.

Stores okay in the fridge for several days.