



Chickpea, Quinoa & Spinach Salad

What to collect	
Ingredients	Equipment
300g spinach leaves	food processor
1 tin chickpeas, drained & rinsed	chopping board
1 cup cooked quinoa	knife
250g cherry tomatoes	metric measuring cups/spoons
1 cucumber, diced	salad spinner
For the vinaigrette:	
2 tablespoons chopped chives	
2 quarters preserved lemon	
1/4 cup olive oil	
2 tablespoons white wine vinegar	
1 teaspoon honey	
1 garlic clove, crushed	
1/4 teaspoon each of ground cumin & paprika	
1/4 cup mint leaves	
salt/pepper	

What to do

1. Combine all of the vinaigrette ingredients in a food processor and blend until smooth.
2. If it is too thick, you could add a tablespoon of water to thin it out.
3. To compose salad, arrange spinach leaves on a platter. Top with chickpeas, quinoa, tomatoes and cucumber.
4. Drizzle on as much vinaigrette as you like and serve.