

Spiced quinoa, sweet potato, broccoli & cranberry salad

Preparation time: 20 minutes

Cooking time: 25-30 minutes

Serves 4

1 1/2 lb sweet potatoes (about 2–3), peeled and cut into 3/4 inch dice

1/4 cup olive oil

1 cup quinoa (See tip), briefly rinsed

1/2 teaspoon ground turmeric

1 teaspoon ground cumin

1/2 lb broccoli, trimmed and cut into small florets (about 2 cups)

1 bunch asparagus (about 5 oz) , trimmed and cut into 3/4 inch lengths

1/3 cup dried cranberries

1/3 cup coarsely chopped mixed herbs (such as basil, chives, parsley, mint - mint is a must)

3 tablespoons fresh orange juice

1 1/2 tablespoons white balsamic vinegar

1. Preheat the oven to 400F. Place the sweet potatoes on a large baking sheet lined with parchment paper. Drizzle with 1 tablespoon of the olive oil and season with sea salt and pepper. Roast for 25–30 minutes or until golden and tender.

2. Meanwhile, put the quinoa, turmeric, cumin and 2 cups water in a medium saucepan and bring to a boil. Reduce the heat to low, cover and simmer for 12 minutes or until the water is absorbed. Remove from the heat and set aside to cool slightly.

3. Blanch the broccoli and asparagus in a saucepan of boiling water until tender-crisp, then drain and refresh under cold running water.

4. Put the cooked quinoa, sweet potato, blanched vegetables, cranberries and herbs in a large bowl. Whisk together the remaining 3 tablespoons of olive oil, the orange juice and balsamic. Add to the salad and toss to combine, then season with sea salt and freshly ground black pepper, to taste.