



# Recipe of the Week

## QUINOA FRUIT AND NUT BREAKFAST SALAD

Serves 4-6

### Ingredients

- 1 cup quinoa
- 2 teasp olive oil
- 2 cups water
- 1 cinnamon quill
- 1 strip orange peel
- 2 teasp coconut sugar or brown sugar
- ½ cup natural almonds, lightly roasted and coarsely chopped
- ¼ cup coconut thread, lightly toasted
- 1 tab cacao nibs
- ½ cup dried fruit, such as raisin, chopped apricots or goji berries
- Natural yoghurt and liquid honey to serve

### Method

1. Place quinoa in a sieve and rinse under cold water for several minutes (this removes the bitter coating naturally found on quinoa). Drain well.
2. Heat olive oil in a medium saucepan over moderate heat. Add quinoa and sauté for about a minute.
3. Add water, cinnamon stick, orange peel and sugar. Cover and bring to the boil.
4. Reduce heat and simmer until the liquid has been absorbed, about 15 minutes.
5. Remove the pan from heat and leave to stand 5 minutes. Remove lid and allow grains to cool.
6. Heat oven to 100 degrees.
7. Remove cinnamon stick and peel from quinoa and loosen the grains with a fork.
8. Spread quinoa on a lined baking tray and put in the oven to dry for 15 minutes, tossing three times during this time.
9. Allow to cool before folding through the nuts, coconut thread, cacao nibs and dried fruit.
10. Serve with natural yoghurt and a drizzle of honey. Serves 4 – 6.

*Recipe courtesy NZ Gardener 2019 Garden Diary*