MORGENSTER

FOUNDED 1711

WINE AND OLIVE ESTATE

HEALTHY WINTER SALAD

RECIPE 33/98

What you will need:

250ml red quinoa

500ml water

500g butternut, cut into cubes

2 medium sweet potatoes, peeled, cut into cubes

60ml **Morgenster Extra Virgin Olive Oil**

15ml ground cumin

5ml paprika

5ml salt

60g feta, crumbled

60ml chopped mint

60ml chopped coriander

pomegranate rubies, for garnish (optional)

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Dressing:

60ml **Morgenster Extra Virgin Olive Oil**

30ml lemon juice

10ml honey

5ml garlic

salt and pepper

How to prepare:

Rinse the quinoa very well under cold running water.

Add to a pot with water and boil until cooked, about 15-20 minutes.

Switch off the heat and allow to cool in the pot with the lid on.

Fluff up with a fork.

Roast the butternut with the sweet potatoes, olive oil, cumin, paprika and salt in a preheated oven at 180°C for 15-20 minutes, until tender.

Remove and combine with the quinoa, feta cheese and herbs.

Pour over the dressing and sprinkle with pomegranate rubies.

Dressing:

Combine all the ingredients and mix them well.

Recipe supplied by The Star, Angela Day.

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