

Season: All year round

Cool Tassie Swedes

Swede & Quinoa Salad with Fresh Herbs

Serves 4

- 1 large Tassie swede, peeled**
- 1 cup quinoa**
- 3 cups water**
- 1/2 cup small green lentils**
- 1 Tassie carrot, scraped**
- 1/2 cup sultanas**
- 1/2 cup chopped unblanched almonds**
- 3 spring onions, trimmed and sliced**
- 1/2 cup picked herb leaves**
- 1/2 cup orange juice**
- 1/2 cup vegetable oil**
- Salt flakes and freshly ground pepper**

Cut swede into thin matchsticks. Rinse quinoa and put into a pan with water. Simmer 10 minutes then drain. Simmer lentils in water for 15 minutes and drain. Cut carrot into long thin matchsticks. Add to quinoa with swede, lentils, sultanas, almonds, spring onion and herbs. Whisk orange juice, oil, salt and pepper together and pour over. Toss and serve.

