

Global Village Salad

This is a substantial salad, serve with a little more protein (cheese, ham, etc), and some crusty bread, and this is a light meal. Or be only a little generous and this is a party dish.

Ingredients

Salad ingredients

- 120 g aduki beans - China
- 120 g white quinoa - Peru
- 110 ml **FAIRTRADE** orange juice - South Africa
- 10 dried **FAIRTRADE** apricots - Pakistan
- 1 **FAIRTRADE** lemon - South Africa
- 1 medium red onion - England
- 1 tbsp chopped fresh coriander - your garden
- 1 tbsp chopped fresh parsley - your garden
- 10 cherry tomatoes - Spain
- lettuce, garlic, rocket or kale (your choice) - England

Dressing ingredients

- 15 ml Zaytoun **FAIRTRADE** olive oil - Palestine
- juice of a lemon - Spain
- 15 ml **FAIRTRADE** honey - Chile
- pinch salt
- a good grind **FAIRTRADE** ground black pepper - Indonesia

Method

Soak the beans overnight in plenty of cold water.

Cut the apricots into quarters and soak in half of the orange juice whilst you cook the beans and quinoa.

Cook the beans in usual way, drain, and allow to cool.

Cook the quinoa in the rest of the orange juice until the endosperm starts to separate, allow to cool.

Zest and juice the lemon, reserve the juice for the dressing.

Skin the onion and chop fine.

Slice the tomatoes in two.

Wash the salad leaves.

Put the beans, quinoa, lemon zest, onion and tomatoes in a mixing bowl and turn gently to mix.

Put the olive oil, lemon juice, honey, salt and pepper in a dressing shaker and mix well.

Assembly

Line a serving bowl with the leaves.

Assemble the salad mix on the leaves.

Pour on the dressing.