

Quinoa salad with prawns

Serves at least four.

Ingredients

200 g **FAIRTRADE** quinoa

250 g frozen prawns

nob butter

Salad

50 g sunflower seeds

big bag fresh peas

stick celery

2 medium carrots

1 red bell pepper

2 medium tomatoes

10 cm cucumber

lots fresh herbs

some salt

Dressing

1 **FAIRTRADE** lemon

20 ml **FAIRTRADE** olive oil

1 clove garlic (optional)

double salt

pinch

some **FAIRTRADE** ground black pepper

frying pan (keep them moving), or in the oven at Gas Mk 4. They're done when they're just browning.

- Shell the peas.
- Trim the celery and chop fine.
- Peel the carrots and chop small.
- De-pith the pepper and chop small.
- Chop the tomatoes to the size of the other ingredients.
- Wash, slice and chop small the cucumber.
- Mix the salad ingredients with the quinoa, prawns and toasted seeds and salt in a bowl.

Juice the lemon, and crush the (skinned) garlic if used. Mix the lemon juice, garlic, oil, salt and pepper in a shaker. Pour this dressing over the salad.

Chill and serve.

Variation

In summer 2012 we also added the lemon zest but at least one person found this too lemony.

Method

Cook the quinoa in simmering water until soft and the seedgerm separates (20 mins approx.). Allow to cool before use.

Fry the prawns in the butter for 5 minutes. If a lot of liquid separates, pour it off. Allow to cool.

Toast the sunflower seeds either in a non-stick