

QUINOA & BLACK BEAN SALAD



This delicious salad started out as a recipe request from one of our partner primary schools for their topic on Mayan Civilisation, but it's so fresh, vibrant and delicious, we decided everyone should try it!

You can buy pre-cooked quinoa in packets, but it's cheaper to buy it raw and cook yourself.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons; use a jug to measure liquids; use weighing scales; cut using bridge/claw safely; use a box grater safely; crush garlic; use a citrus squeezer; whisk.

Equipment: Weighing Scales, Measuring Spoons, Measuring Jug, Saucepan, Sieve or Colander, Kettle, Tin Opener, Citrus Squeezer, Chopping Board, Knife, Large Mixing Bowl.

Allergens*: May contain sulphites (black beans)

Ingredients (serves 4 adults):

- 190g uncooked quinoa, rinsed, OR 500g cooked
- 400g canned black beans, drained and rinsed
- 3 tbsp cider vinegar
- 4 tbsp fresh lime juice
- 1/2 tsp chilli powder (mild)
- 1/2 tsp ground cumin
- 2 tbsp olive oil
- Half small red onion, peeled and diced
- 1 red, orange or yellow pepper, de-seeded and diced
- 140g cherry tomatoes, quartered
- 120g sweetcorn, drained
- 1/4 small red cabbage, finely chopped
- 1 small green chilli, de-seeded and finely chopped (optional)

Method

1. Cook the quinoa by following the packet instructions. Leave to cool.
2. In a large bowl whisk together the cider vinegar, lime juice, chilli powder, cumin and a pinch of black pepper. Slowly add the olive oil, whisking until blended.
3. Add the cooked, and cooled, quinoa, black beans, diced red onion, peppers, cherry tomatoes, red cabbage, sweetcorn and optional chilli pepper.
4. Toss to combine.

**Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*

QUINOA & BLACK BEAN SALAD

Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Quinoa & Black Bean Salad...

Quinoa is an ancient seed, cultivated in South America for more than 5,000 years. It is a starchy carbohydrate but also a fantastic source of protein, and iron. It is also a good source of B vitamins and other minerals.

Black beans are legumes, packed with protein and fibre. They are also low in calories and fat, and are a good source of vitamins and minerals.

Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.



Energy, sugar, fat and salt per serving

Per 363g serving

	ENERGY	19%
	1636kJ / 391kcal	
MED	FAT	23%
	16.0g	
LOW	SATURATES	11%
	2.2g	
LOW	SUGARS	13%
	12.0g	
LOW	SALT	8%
	0.5g	

% of an adult's reference intake

Typical values per 100g : Energy 451kJ / 108kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.