



Roasted Fava Beans, Cranberry & Quinoa Salad

This is one of my favourite salads in summer and it holds well enough to take on picnics or to the beach! The slightly salty roasted beans, together with the sweet cranberries, are a wonderful explosive mix in your mouth!

nut-free gluten free vegetarian soy-free dairy-free

Preparation time: 5 minutes

Preparation time: 15-18 minutes

Serves: 6

Ingredients

- 1 cup organic Quinoa (here I used White Quinoa)
- 3 cups water
- 1 tsp *Herbamare*^(TM) or salt
- 1 lebanese cucumber, diced into small triangles
- 1 punnet cherry tomatoes, halved
- ½ large red capsicum, diced
- 50g roasted Fava beans (Broadbeans) – I used *Health Partners Snack pack*^(TM)
- 1/3 cup dried cranberries (preferably unsweetened)
- Large handful of baby spinach, washed



Preparation

1. Cook the Quinoa and water like you would cook rice. You can use a rice cooker or a saucepan. Do not overcook. It's consistency will be like cooked couscous or polenta. I used my **Thermomix** and cooked in the TM bowl at 100 degrees, Speed 4 on Reverse for 18 minutes.
2. Allow the quinoa to cool completely by spreading it out on a large plate or baking dish and fluffing it with a fork. Sprinkle with the *Herbamare* or salt.
3. In a serving bowl, mix all the ingredients. Serve immediately.

Hints

1. Step 1 and 2 can be done a day ahead. Just store the cooked quinoa in an air-tight container in the refrigerator.
2. For a crunchy-style salad, add the roasted fava beans just before serving.
3. You can swap the fava beans for other roasted legumes, such as roasted chickpeas.
4. *Herbamare* is an organic blend of salt and herbs, thereby it is lower in sodium than table salt, and it can be found in Supermarkets and Health food shops.