



Black quinoa summer salad with baby kale, haloumi, red berries and watermelon

serves 4-6

1 cup black quinoa + 2 cups water + pinch of salt
1/4 cup beluga lentils + 3/4 cups water + pinch of salt
250 g haloumi + olive oil to fry
4 small spring onions *or* baby leeks, thinly sliced
1 cup tender baby kale *or* other green leaves of your choice
1 cup watermelon, cubed
1 cup strawberries, halved
a good handful of cherries, halved and pitted
2 tbsp mint, finely chopped
4 tbsp parsley, finely chopped
...
juice and zest of 2 small organic lemons
3 tbsp olive oil
garlic according to taste, grated
sea salt + pepper
...
pistachios to sprinkle, roughly chopped

- 1) Rinse the quinoa, bring the water to a boil and then add the quinoa. Cook on low to medium heat for about 15 minutes. Add salt towards the end of the cooking time. Drain from any excess water and leave to cool in the pot.
- 2) Bring beluga lentils, water and salt to a boil and cook for 20 minutes. Turn off the heat and leave the lentils to cool in the cooking water. That way they hold their shape + they taste better. Drain before adding to the salad.
- 3) Cut the haloumi into small cubes, or simply crumble it, and fry in olive oil until golden in color.
- 4) Whisk together the lemon juice + zest, olive oil, garlic (if desired) and salt+pepper to taste. If using baby kale, marinate the leaves for 5-10 minutes in the dressing.
- 5) Combine all ingredients in a large bowl and toss gently until mixed. Garnish with roughly chopped pistachios.

TIP! Cook the quinoa for a little shorter than the manufacturer's instructions if using it for a salad. 15 minutes is usually enough. This ensures that the quinoa keeps its shape and still has a little bite. The salad can be served lukewarm if assembled when the quinoa/beluga/haloumi are still warm. If so - make sure you eat it immediately. Or you could prepare the ingredients, refrigerate in separate containers and assemble just before serving.