



RICH'S

QUINOA SALAD WITH AVOCADO CRÈME DRESSING

 Prep Time: 30 min

 Cooking Time: 40 min

 Serves: 10

Ingredients

2 Bunch Golden or red beets,
peeled and sliced into thin
wedges

4 Tsp Vegetable oil

Pinch Salt

1 cup Dry quinoa

2 cups Water

1 cup Diagonally sliced spring
onion

½ cup Dried cranberries,
chopped

1½ cup Crumbled feta cheese

Method

1. Preheat oven to 180°C.
Place beetroot wedges on a baking sheet. Toss with oil and salt.
2. Roast beetroot for 15 min or until tender, stirring at least once. Allow to cool.
3. Meanwhile, rinse quinoa. Bring 2 cups of salted water to a boil and stir in quinoa.
4. Reduce heat and simmer, covered, for 17 to 20 minutes or until tender. Fluff with a fork and allow to cool.
5. Place quinoa, green onions, cranberries, apricots and feta in a bowl and mix together.
- 6.

Infinite Possibilities. **One Family.**

Rich Products Corporation Africa 77 Earp Street, Ophirton, Johannesburg, South Africa, 2091

Tel: 0860-0-RICHS (74247) www.richs.co.za

For detailed product information and additional recipes, please visit www.richs.co.za     



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QUINOA SALAD WITH AVOCADO CRÈME DRESSING

Salad Dressing

 Prep Time: 30 min

 Cooking Time: 40 min

 Serves: 10

Dressing Ingredients

250ml Cooking Rich™
½ cup Packed fresh basil leaves
½ cup Fresh oregano
1 clove Garlic (roasted)
1 Ripe avocado
45 ml Apple cider vinegar
Salt and freshly ground pepper, to taste

Method

1. In a food processor, pulse herbs with garlic until finely chopped.
2. Pulse in avocado, followed by the vinegar, Cooking Rich™, salt and pepper.

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