





QUINOA KALE SALAD

Prep: 50min – Serves 4 – Easy

200g quinoa
2 tsp powdered vegetable stock
80g walnuts, chopped
160g kale
200g seedless red grapes
1 tsp fennel seeds
olive oil
160g feta
salt and pepper
lemon juice

1. Rinse the quinoa and put into a saucepan with 450ml boiling water. Add the stock and a pinch of salt. Cover and cook for 12 minutes. Uncover and leave to cook for a couple more minutes until all the liquid is absorbed. Put into a serving bowl and set aside to cool.
2. Roast the walnuts in a dry frying pan until fragrant and set aside.
3. Remove the tough central stem from the kale leaves and chop. Cut the grapes in half.
4. Heat 1 tablespoon of olive oil in the frying pan and fry the kale over a high heat with the fennel seeds and a pinch of salt and pepper until the kale is cooked through. Add the grapes and fry for two more minutes. Set aside to cool for 10 minutes.
5. Add the kale to the bowl with the quinoa, crumble the feta into the bowl, add the walnuts and drizzle with a bit of olive oil and lemon juice to taste.
6. The salad can be served warm or cold.

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