FOOD FOR THE SOUL

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BELTANE SALAD

If Samhain kicks off the dark time of the year, then Beltane is the other half, the dawn of the light. Beltane involves all the wonderful elements of spring: beautiful, sweet-smelling florals, sprouts, busy bees and the abundance of budding greenery. When one cooks and eats with the seasons, they consume the energy of that season. Spring, the lively *amuse-bouche* in the menu of seasons, a time to explore all things fresh. This salad is packed with nutrients and a healthy dose of protein to help you energise for the season.

Serves: 4-6

Ingredients

Shallot vinaigrette:

6-7 tbsp	olive oil
3 tbsp	apple cider vinegar
1 g	shallot, minced
2 tsp	lemon zest
Salt	
Pepper	

For the salad:

2 cups	vegetable stock (500 ml)
2 ½ tsp	salt
1 cups	red or black quinoa, rinsed
¾ cups	English peas
¾ cups	cooked cannellini beans
1 cup	young pea tendrils/sprouts
¼ cups	fresh dill, torn
¼ cups	fresh mint, chopped
½ cups	watercress
¾ cups	waterlemon radish, shaved thin
½ cups	feta cheese, crumbled (65 g)

Method

- In a medium saucepan, bring the stock and a little salt to a boil. Add the quinoa, lower the heat to a low simmer, cover and cook for 15 minutes. Once the quinoa has absorbed the stock, transfer to a large bowl to cool, about 15 minutes.

- In a medium saucepan, bring about 3 cups of water and a pinch of salt to a boil. Blanch the peas in the water for about a minute. Drain and immediately submerge the peas into a bowl of ice water to stop the cooking process.

- Make the vinaigrette. In a small bowl, whisk together the salt, vinegar and the shallot and let stand for 10 minutes. Whisk in the lemon zest and then the olive oil until the vinaigrette is emulsified. Taste and add more salt or vinegar, if needed. Set aside.

- In the large bowl of cooked quinoa, add the peas, dill, mint, watercress, radish, vinaigrette, and toss well to combine all. Garnish with feta and serve at room temperature or chilled.

IMAGE: CHRIS PERRETT, chrisperrett.com