

# ENSALADA DE QUINOA

## BBQ CARROT AND CORN QUINOA SALAD

### Ingredients

1 cup quinoa prepared  
3-4 carrots peeled and sliced  
1 pinch ground cumin  
1 red onion sliced or diced small  
1 corn cob, kernels removed  
1 bunch salad leaves washed and spun  
1 tbs white wine vinegar  
1 tbs olive oil  
Salt and pepper

### Method

Prepare Quinoa.

Sautee carrot, onion and cumin in a large pan with a splash of oil.

Cook carrots and onion till a little brown.

Add corn to pan and cook all together till corn begins to blacken, being careful of popping.

Set aside to cool.

Prepare salad leaves and toss Quinoa, carrots, onion and corn in large bowl with salt, pepper, oil and vinegar.

Serve one bowl per table.