

kitchen stories



Layered quinoa salad with sweet potato and feta cheese

Difficulty Easy 👉

25
min.

Preparation

30
min.

Baking

0
min.

Resting

Ingredients

Servings: 2

100 g	quinoa
300 g	sweet potatoes
80 g	feta cheese
20 g	sunflower seeds
1	avocado
1	romaine heart
½	red onion
50 ml	olive oil
20 ml	white wine vinegar
1 tsp	honey
	salt

pepper

vegetable oil (for frying)

Utensils

oven, 2 cutting boards, 2 knives, baking sheet, pot, frying pan, bowl (small), 2 glass jars

Step 1/4

300 g sweet potatoes – salt – vegetable oil (for frying)

oven – cutting board – knife – baking sheet

Preheat oven to 160°C/320°F. Peel sweet potato and cut into bite-sized pieces. Transfer to a baking sheet, drizzle with some vegetable oil, and season with salt. Bake for approx. 30 min., or until softened.

Step 2/4

100 g quinoa – **20 g** sunflower seeds

pot – frying pan

In the meantime, cook quinoa according to package instructions. Toast sunflower seeds in a fat-free frying pan until golden brown.

Step 3/4

1 avocado – **1** romaine heart – $\frac{1}{2}$ red onion – **50 ml** olive oil – **20 ml** white wine vinegar – **1 tsp** honey – salt – pepper

cutting board – knife – bowl (small)

Chop avocado and romaine heart, and finely dice red onion. For the dressing, add olive oil, white wine vinegar, and honey to a small bowl. Stir to combine and season with salt and pepper to taste.

Step 4/4

80 g feta cheese

2 glass jars

Start layering the salad with the dressing first and divide it equally to jars. Top with sweet potato, quinoa, red onion, avocado, and romaine lettuce. Crumble feta cheese with your hands and add on top, then finish with toasted sunflower seeds. Enjoy right away or store in the fridge for 1-2 days.