

Quinoa Confetti Salad

Swick

Serves 4 to 6 | Active Time: 25 minutes | Total Time: 30 minutes

Step 1: Preparing Your Mise en Place

- 1 cup quinoa
- 1 3/4 cups stock
- sea salt, to taste
- 1/2 cup raw cashew nuts
- 1/2 tsp curry powder*
- 1 tsp coconut or grapeseed oil
- 1/2 bunch kale, cleaned and torn into pieces
- 2 celery stalks, finely diced
- 1/4 red onion, finely diced
- 1/2 jalapeño, finely diced
- 1/2 bunch fresh cilantro, roughly chopped
- 1/2 bunch fresh mint, roughly chopped
- 1 fresh lime, zest and juice
- 1 firm apple, small dice
- 1/3 cup golden raisins
- 3/4 cup Almond Feta Cheese, optional

To prepare your mise en place, preheat the oven to 300°F (150°C).

To start, cook the quinoa. For the stock, we like to use this [Faux Chicken Bouillon Powder](#) but any quality stock (or even seasoned water) would work. Bring the stock, quinoa, and salt to a boil in a small pot. Reduce to a simmer and cover with a lid. Let cook for 15 to 20 minutes. Remove from the heat. Keep covered and let rest for about 10 minutes. Uncover, fluff with a fork, and set aside to cool.

Note: This recipe is even better if made with this [Garlic-Fried Quinoa](#).

Next, mix the cashews with the oil, curry powder, and salt. Toss to fully coat the nuts with the curry powder. Place into the oven and roast until just lightly toasted. Alternatively, the nuts can be dehydrated for a few hours in a dehydrator. To do this, follow this [recipe for Curried Cashews](#) (leave out the extra spice if you like).

Lastly, gather and prepare the remaining ingredients. Including the [Almond Feta](#), if using, which we HIGHLY recommend.

Step 2: Making & Assembling the Salad

- 2 tsp coconut oil
- 1/2 tsp garam masala
- 1/2 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 1 tbsp agave (or other sweetener), or to taste, if and as needed
- 1/4 to 1/2 tsp black salt, optional

To start, heat a large frypan over medium heat. Once hot, add the oil, followed by the kale and a pinch of salt. Sweat for 2 to 3 minutes, or just until the leaves are wilted but still bright green.

Note: If desired, omit the oil and sweat the kale with a bit of vegetable stock or water. Alternatively, the kale can be added to the salad raw; however, the slightly wilted kale does add another welcome texture to the salad.

To assemble the salad, place the quinoa into a large shallow bowl and toss with the kale. Next, add the celery, onion, jalapeño, apple, lime (zest and juice), raisins, cilantro, mint, garam masala, salt, and pepper. Gently toss to coat. Taste for seasoning, adding more salt, pepper, jalapeño, garam masala, and/or lime juice, as desired. If needed, add a touch of agave to balance the tartness.

Note: For added depth of flavor, try adding a few good pinches of black salt (also known as Kala Namak or Sanchal). This purplish/pinkish-grey salt is a special type of Indian volcanic rock salt. Black salt is used in Indian cuisine as a condiment and adds its distinctive flavor to fresh salads called 'chaats,' chutneys, and other snacks, such as pakoras.

Lastly, lightly fold in half of the cashew nuts and half of the Almond Feta. Then garnish the top of the salad with the remaining nuts and feta and serve. While this salad is nice while slightly warm, it is equally delicious cold.

Chef's Notes

This salad is a great potluck or make-ahead salad. If preparing ahead, it's best to cut and add the apples at the end, so they maintain their crunch and color —the cilantro and mint are also best added at the end. That being said, any leftovers of the final salad are still delicious.