

Cranberry & Pecan Quinoa Salad

Printed from www.practicalmagic.blog

Cook by following the package directions, replacing the water with	225 g Quinoa
Make the dressing by whisking together	Vegetable stock
	6 T Olive oil
	4 T Apple cider vinegar
	2 T Maple syrup
	4 t Dijon mustard
	1 t Maldon salt / 1/2 t fine sea salt
	1 Clove of garlic, grated
Drain the quinoa of any excess liquid and mix with the dressing. Leave to cool to room temperature.	
Meanwhile, chop into bite-sized pieces and allow them to sit in a mixture of	1 Apple
	1 T Honey
	1 C Water
and set aside.	
Toast and set aside to cool.	1/2 C Chopped pecans
Finely chop	1 Spring onion
Drain the apples and add them to the cooled quinoa along with the pecans, spring onion and	1/2 C Dried cranberries
	2 C Arugula
Top the salad with	1/2 C Crumbled goat cheese/feta
and	1/2 C Pomegranate seeds

Notes:

- The salad will keep in the fridge for 4 days.