

Quinoa Black Bean Salad

Countries of origin: **Peru**¹, **Bolivia**² The chewy almost nut like grains of Quinoa complement the blackness of the beans. Very good stuff.

This is an interesting salad with flavour and texture, and a juicy "zing".

Ingredients

- 200 g **FAIRTRADE** quinoa
- 400 ml water
- 15 ml Zaytoun Palestinian **FAIRTRADE** olive oil
- 2 **FAIRTRADE** limes
- 5 ml ground cumin
- 5 ml ground coriander
- 30 ml chopped fresh coriander leaves
- 200 g dried Suma **Fair Trade** black beans
- 6 spring onions
- 450 g diced tomatoes
- 1 each red, green, yellow capsicum
- 4 fresh green chillis

Method

Preparation.

Soak the beans overnight in plenty of cold water.

Top and tail and chop the onions.

Remove pith, seeds and stalk from the peppers (capsicum), and chop into smallish pieces.

Juice the limes discarding pith and peel.

Cooking.

Boil plenty of water in a saucepan and add the beans.

Bring back to the boil and skim off any scum that forms.

Simmer for 60 minutes or until the beans are cooked.

Meanwhile

Rinse the quinoa under running cold water for a few minutes.

Bring the 400 ml cooking water to the boil, add the quinoa, re-boil, reduce to simmer and simmer until all of the water has been absorbed.

Once the quinoa is cooked, allow to cool (15 to 30 minutes).

Assembly

In a mixing bowl combine the oil, lime juice, cumin, ground and fresh coriander, and onions.

Add the beans, tomatoes, peppers and chillis.

Then add the cooled quinoa and salt and pepper to taste.

Combine thoroughly and refrigerate.

To serve

Serve with lemon or lime wedges.

Variation

Use haricot beans if black beans are not available, and then maybe red quinoa instead of ordinary quinoa.

¹<http://www.fairtradecookbook.org.uk/countries/peru.htm>

²<http://www.fairtradecookbook.org.uk/countries/bolivia.htm>