

QUINOA, BEET AND SWEET POTATO SALAD



Ingredients (For 4 people)

- 5 tablespoons of olive oil
- Salt, pepper
- Zest and juice of a lemon
- 100 g of baby spinach
- 150 g of cooked red quinoa
- 2 avocados
- 6 sticks of celery
- 1 large sweet potato
- 2 large beets
- 100 g of kale
- Mixture of shiso shoots

Preparation:

Mix olive oil, salt, pepper, zest and juice of lemon in a bowl and then reserve.

Peel and cut the sweet potato into quarters and fry lightly in olive oil. Once they are cooked, reserve. Repeat the same operation for the beet.

Finely chop the celery, cut the avocados into cubes and remove the central stem from the kale leaves before chopping.

Put all the ingredients in a bowl, drizzle with sauce and mix.

