



Black quinoa, sweet potato, plantain and green leaf salad



Chef Matthew Boland and Darwin Jose Torres (Aruba)

Serves: **4**

Ingredients:

450 g sweet potato
450 g ripe plantain
2 cups fresh spinach (other options are Chinese cabbage, watercress or any other green leaf vegetable)
2 tbsp fresh basil
2 tbsp fresh coriander (cilantro)
½ cup green pepper, diced
1 cup fresh cucumber, seeded and diced
⅔ cup black quinoa
½ cup olive or vegetable oil
2 tbsp rice vinegar
Salt
Pepper

Preparation:

- Wash and cook the quinoa. Leave to cool.
- Boil the sweet potato and ripe plantain separately. When cooked, cut into 2.5 cm cubes.
- Wash the spinach leaves and keep in the refrigerator.
- In a bowl mix all the ingredients and dress with vegetable oil and rice vinegar.
- Add salt and pepper to taste.
- To garnish you can shave carrot curls with a grater or potato peeler then toast them, and fry thin slices of green plantain. These garnishes can be sprinkled over the salad.

For the garnish (optional)

1 carrot
1 green plantain