

# Curried Quinoa Salad with Black Beans and Mango

This colourful salad recipe is from *Spilling the Beans*.

## **Ingredients:**

1 cup quinoa  
1-2 ripe mangoes, peeled and chopped  
1/2 red or yellow pepper, chopped  
1/4 English cucumber, chopped  
2-3 green onions or a chunk of purple onion, chopped  
2 cups (packed) baby spinach, torn or sliced (optional)  
half a 19 oz. can black beans, rinsed and drained  
handful of torn cilantro (optional)

## **Dressing**

1/4 cup canola oil  
2-4 Tbsp. white wine or white balsamic vinegar  
1 tsp. honey  
1 tsp. curry powder or mild paste  
1/4 tsp. cumin



**1**

Rinse quinoa well under cool water in a fine sieve, then cook in a pot of boiling salted water over medium heat until tender but still firm to bite, stirring occasionally, about 15 minutes. (Just like you'd cook pasta.) Drain well, return to the pot, put the lid back on and let it steam - this will produce fluffy quinoa - until cooled.

**2**

Combine the oil, vinegar, chutney, honey, curry and cumin in a jar or small bowl and shake or whisk to blend. If you like, season the dressing with salt and pepper.

**3**

Put the quinoa, mango, vegetables and beans in a large bowl, drizzle with dressing and toss until well coated.

**4**

Eat salad immediately, or chill. Enjoy!