Warm quinoa and veggie salad with lemon-tahini dressing

**Ingredients**
- 1 cup quinoa
- 1 teaspoon olive oil
- 1 large capsicum
- 1 can chick peas, rinsed and drained
- 2-3 carrots, peeled into thin strips
- 2 heaped cups spinach

**Lemon-tahini dressing:**
- 3 tablespoons lemon juice
- 2 tablespoons tahini
- 2 tablespoons water
- 2 tablespoons soy sauce
- 1 clove garlic, minced
- 1/8 teaspoon cayenne (optional)
- salt and pepper to taste

**Equipment:**
- Knife and chopping board
- Vegetable peeler
- Saucepan
- Frypan
- Large bowl
- Medium bowl
- Whisk
- Spoon measures-tablespoon, 1/8 teaspoon, teaspoon
- 1 cup measure
- Citrus juicer
What to do:

• Cook the quinoa according to package directions.
• Slice capsicum into thin strips
• Remove stalk from spinach and discard. Roughly chop the spinach leaves.
• Use a vegetable peeler to peel carrots into thin strips.
• Heat olive oil in a medium pan over medium-high heat.
• Add the peppers and sauté for 2-3 minutes, until softened.
• Turn off the heat and stir in the chickpeas and carrots. This helps warm them through.
• Place quinoa, vegetable and chickpea mixture and spinach into a large bowl; mix together gently then drizzle over dressing.

For the dressing:
• Whisk together lemon juice, tahini, one tablespoon of the water, soy sauce, garlic, cayenne (if using) and salt and pepper
• Add the additional tablespoon of water if needed for the right consistency. (This will depend on how thick or runny your tahini is.)