

Quinoa Salad

Recipe from LISA FOSSEY
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	328 kj	4%
Energy (kcal)	79 kcal	4%
Fat	4 g	6%
<i>of which saturates</i>	0.5 g	3%
Carbohydrate	6.7 g	3%
<i>of which sugars</i>	1.5 g	2%
Fibre	1.7 g	7%
Protein	2.9 g	6%
Salt	0.07 g	1%

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Ingredients:

180g quinoa, rinsed
475ml water,
400g can chickpeas, drained
1 medium cucumber, chopped,
1 medium red pepper, deseeded and chopped,
1 small red onion, chopped,
handful parsley, chopped,
60ml olive oil
juice of 2 lemons,
1 tbsp red wine vinegar,
2 cloves garlic, crushed,
salt & pepper to season.

Method:

1. To cook the quinoa: combine the rinsed quinoa and water in a medium saucepan. Bring to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer. Remove from heat, cover, and let the quinoa rest for 5 minutes, to give it time to fluff up.
2. In a large serving bowl, combine the chickpeas, cucumber, red pepper, red onion and parsley. Set aside.
3. In a small bowl, combine the olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended, then set aside.
4. Once the quinoa is mostly cool, add it to the serving bowl, and drizzle the dressing on top. Toss until the mixture is thoroughly combined. Season with black pepper, to taste, and add an extra pinch of salt if necessary. For best flavour, let the salad rest for 5 to 10 minutes before serving.
5. This salad keeps well in the refrigerator, covered, for about 4 days. Serve chilled or at room temperature.

ALLERGENS



MODIFY

Serve it on fresh greens with an extra drizzle of olive oil and squeeze of lemon juice for dressing.

Top with crumbled **FETA CHEESE** if desired.

CREDIT

Recipe & Photo by: Cookie and Kate