Quinoa Salad

A super nutritious take on the original sun-packed ‘Tabbouleh’, this recipe lends itself well to making in large amounts and keeping in the fridge for Tupperware refills. It packs a punch in both the protein and plant antioxidant departments, making it the perfect low glycaemic load meal. Just excellent if you want to keep your energy up in the afternoon – no blood sugar slumps after this lunch!

Quinoa is a ‘superfood’ grown in the Peruvian Andes, more akin to a seed than a grain. It is a complete protein, containing all of the essential amino acids, wheat free and is a true powerhouse of vitamins and minerals.

Makes 2 portions

Ingredients

- 50g quinoa cooked
- 1/2 tsp turmeric
- 1/2 tsp bouillon powder
- 1/4 tin chick peas, drained and rinsed
- 1 small sized pepper
- 1/2 a chilli (optional)
- 5 cherry tomatoes
- 2 inch section of cucumber
- Handful of parsley
- 50g feta cheese, diced.
- 2 or 3 mint leaves
- 1 tablespoon extra virgin olive oil
- Juice of half a lemon

Method

1. Simmer Quinoa in some water with an added teaspoon of turmeric and Swiss vegetable bouillon powder. Cooking time is approx 10-12 minutes. Keep checking to avoid overcooking. The seeds should still be slightly chewy but not hard.
2. Prepare a big batch of this Quinoa mixture in advance. Freeze in 50g portions.

The Salad:
1. Chop the pepper, chilli, tomatoes, cucumber and parsley finely.
2. Add to a bowl with the cooked quinoa and drained chickpeas.
3. Chop the mint extra fine and mix in.
4. Drizzle with the olive oil and lemon.