

Quinoa Tabouleh



Serves: 4

Time: 30 min

Instructions

1:

Place quinoa and water in saucepan and bring to the boil, then cover and simmer until all water has evaporated, then leave to cool.

2:

Combine all ingredients with the quinoa, and serve.

Notes

All ingredients can be prepared in advance, add the lemon, salt and oil just before serving.

Ingredients

150g

Quinoa, rinsed thoroughly

350ml

Cold water

50g

Parsley, chopped

10g

Mint, chopped

200g

Tomatoes, chopped

90g

Cucumber, diced

50g

Spring onion, chopped

1

Lemon, juice only

2 tbsp

Olive oil

1/2 tsp

Salt