



## Quinoa, Corn and Capsicum Salad ( HS )

Serving: 1

Veg

### *Ingredients*

- **Ingredients:**
- $\frac{1}{2}$  cup quinoa , washed and drained
- $\frac{1}{4}$  cup boiled sweet corn kernels (makai ke dane)
- $\frac{1}{4}$  cup finely chopped coloured capsicum
- **To Be Mixed Into A Dressing :**
- 1 tsp olive oil
- 1 tsp lemon juice
- 1 tsp honey
- $\frac{1}{2}$  tsp dried oregano
- $\frac{1}{4}$  tsp dry red chilli flakes (paprika)
- salt to taste

### *Preparation Method*

- 1. Boil 1 cups of water in a deep non-stick pan, add the quinoa, mix well and cook on a medium flame for 10 to 12 minutes, while stirring occasionally. Keep aside to cool completely.
- 2. Transfer the cooked quinoa into a deep bowl, add all the remaining ingredients along with the dressing and toss well.
- 3. Serve immediately.