

Curried Quinoa Salad with Chickpeas, Apples & Feta

25 minutes | 2 servings



Find cookware

[can opener](#)
[chef's knife](#)
[citrus juicer \(optional\)](#)
[colander](#)
[cutting board](#)
[measuring cups](#)
[measuring spoons](#)
[mixing bowls](#)
[small saucepan](#)
[whisk or fork](#)

Grab ingredients

1 stick	celery
8 fl oz	chicken or vegetable broth
½ (4 oz) pkg	crumbled feta cheese
1	Gala apple
1 (15 oz) can	garbanzo beans (chickpeas)
½ small bunch	Italian (flat-leaf) parsley
½	lemon
½ cup	quinoa
	black pepper
	curry powder
	extra virgin olive oil
	honey
	salt

Cook & enjoy

- 1 In a small saucepan, combine the quinoa and broth; bring to a boil over high heat.
½ cup quinoa
8 fl oz (1 cup) chicken or vegetable broth
- 2 Wash and dry the fresh produce.
1 Gala apple
1 stick celery
½ lemon
½ small bunch Italian (flat-leaf) parsley
- 3 Drain and rinse the chickpeas; set aside to drain further.
1 (15 oz) can garbanzo beans (chickpeas)
- 4 Once the liquid comes to a boil, stir the mixture, cover the saucepan, and reduce the heat to low. Cook the quinoa for 15 minutes. Once done, remove the quinoa from the heat and let it stand, still covered, for 5 minutes.
- 5 Quarter the apple lengthwise, then cut out the core and stem from each section; medium dice the apple into ½-inch cubes and transfer to a large salad bowl.
- 6 Trim off and discard the ends of the celery; medium dice the celery into ½-inch pieces and add to the salad bowl.
- 7 Using a knife, shave the parsley leaves off the stems at a downward angle, working away from your body; discard the stems and finely chop the leaves. Add to the salad bowl.
- 8 Transfer the feta to a small bowl.
½ (4 oz) pkg crumbled feta cheese
- 9 Juice the lemon into a small bowl.

- 10 To the lemon juice, add olive oil, honey, curry powder, salt, and pepper; whisk together.
1 ½ tbsp extra virgin olive oil
½ tsp honey
½ tsp curry powder
¼ tsp salt
⅛ tsp black pepper
- 11 Uncover the quinoa and fluff with a fork.
- 12 Add the chickpeas and quinoa to the salad bowl, then pour the dressing overtop and toss to combine.
- 13 To serve, divide the salad between plates or bowls and top with the feta. Enjoy!