



# Quinoa salad

15'

Hands on

20'

Cook Time

4

Portion(s)

1

Difficulty



## Ingredients

- 180 g quinoa
- 50 ml olive oil
- lemon zest, of 2 limes
- lemon juice, of 2 limes
- 1 tablespoon(s) honey
- salt
- pepper
- 20 g ginger, fresh, grated
- 1 spring onion, finely chopped
- 1 yellow bell pepper
- 1 red bell pepper
- 100 g broccoli, in florets
- 2 avocado(s), ripe
- mint leaves, finely chopped

## Διατροφικός πίνακας

Nutrition information per portion

498 Calories (kcal)	29.0 Total Fat (g)	5.1 Saturated Fat (g)	40.0 Total Carbs (g)
25%	41%	26%	15%
13.0 Sugars (g)	14.0 Protein (g)	9.6 Fibre (g)	0.33 Sodium (g)
14%	28%	38%	6%

## Method

- Fill a **bow**l with cold water and add the quinoa.
- Let it soak for 5 minutes.
- Transfer to a strainer and discard the water.
- Quinoa has a natural coating that can make it bitter. This is removed when soaked in water and rinsed.
- Transfer to a **pot** and add 1 liter of water. Place pot over heat and bring to a boil. Let it cook for 15-20 minutes. Do not over boil.
- While the quinoa is cooking, prepare the salad dressing and the rest of the salad.
- In a bowl, add the olive oil, lime zest, lime juice, honey and ginger. Whisk.
- Add the spring onions, yellow pepper, red pepper, broccoli florets and avocado. Mix.
- When the quinoa is ready, drain and rinse to cool it off so that you can add it to the salad.
- Drain and add to the bowl. Toss.
- Add the **chopped** mint, season to taste and serve.

## Tip