



Nutty Grain Salad

Ingredients:

500g parsley (± 2 large bunches)
125ml olive oil
100g mint
100g almonds
100g quinoa

2 firm tomatoes
1/3 piece of cucumber
½ medium red onion
1 lemon, zested and juiced
Pinch salt and pepper to taste
Optional: feta cheese, pomegranates, avo



Method:

1. Rinse the quinoa in a mesh strainer, then add to a pot with ½ cup of water. Place over high heat and bring to a boil, then reduce the heat and simmer for 15 minutes until the quinoa has puffed. Remove from the heat, cover with the lid and leave to cool slightly.
2. Preheat the oven to 180°C and add the almonds to a baking tray. Lightly toast the almonds until golden brown, keep an eye so they do not burn. Sprinkle a little salt on them as soon as they come out of the oven, leave to cool.
3. Finely chop the parsley and mint together and add to a large bowl. Cut the tomato, cucumber and red onion into a small dice and add to the herbs.
4. Combine the lemon zest, juice, olive oil, salt and pepper in a small bowl then pour over the quinoa.
5. Roughly chop the almonds and add half to the bowl with the other ingredients. Keep the remaining nuts aside.
6. Use a fork to lightly fluff the quinoa and add to the salad. Gently toss everything together to combine. Top with the remaining nuts and add any additional items of choice.

Yield: ± 2 full servings

Prep time: 30-40 minutes