

QUINOA SALAD





INGREDIENTS

- 1x can chickpeas
- 1x can corn kernels
- 1x can kidney beans
- 1x baby cucumber
- 1x punnet of cherry tomatoes
- 1x large grated carrot
- 1x ripe avocado
- 1x cup quinoa (*cooked in stock*)
- a handful of snowpeas
- 1x teaspoon olive oil or avocado oil
- salt & pepper for seasoning
- small block of feta
- optional salmon (*or any meat of choice*)

INSTRUCTIONS

Using a sieve, rinse all the canned items then empty them into a large salad bowl

Add the carrot, cucumber, cherry tomatoes (*cut in halves*), roughly chopped snowpeas and roughly chopped avocado

Add warm quinoa and mix in well

Add feta then follow with some salt & pepper for seasoning

Drizzle a little either olive or avocado oil

Cook the salmon as follows:

Drizzle olive oil into a warm pan & once oil is heated, place salmon in pan skin side up and cook for about 3 to 4 minutes. Using a spatula, turn it over and cook on the other side for a further 3 minutes. The fish should feel firm to the touch.

Place a desired amount of the quinoa salad on a plate then top it off with the salmon

I finish mine off by drizzling my pomegranate vinaigrette.