

Tasty Quinoa Salad



As seen in the
Lockdown BBQ Live stream!



DREAM FOOD

Ingredients

(Serves 4)

150g quinoa (cooked)

2 spring onions, sliced diagonally,
including the greens

4 large tomatoes, chopped and
de-seeded

Small tin/fresh mango or peaches –
chopped

1 green chilli, chopped

Handful of fresh coriander, chopped

Juice of 1 lime

Handful of toasted flaked almonds



Method

Wash the quinoa, then using fresh water, boil it until tender and soft. Drain and leave to cool. You can do this a few days in advance.

Chop the spring onions, tomatoes, mango/peach, green chilli and fresh coriander, then mix together with the cooled quinoa. Add lime juice – try to do this at the end.



Heat up a frying pan (with NO oil). When it is medium/hot, sprinkle the flaked almonds on and give it a shake now and again until they are browned. It will only take a minute or two.

Sprinkle the toasted flakes on the top of the salad and serve. They're so delicious, and you can also use other food items, such as sunflower seeds and mint leaves.

