



Recipe name:

Quinoa Salad

Recipe description:

An easy and healthy quinoa & vegetable salad recipe packed full of protein & flavour. The perfect healthy lunch idea or dinner recipe for the family.

Prep time:

15 mins

Cook time:

15 mins

Serves:

4

Made with:

PEPPADEW® Sweet Piquanté Peppers

Course:

Lunch

Occasion:

Picnic / Healthy

Ingredients:

- 4 cups hot vegetable stock
- 2 cups of Quinoa
- 350 g baby marrow, grilled and sliced
- 100g PEPPADEW® Sweet Piquanté Peppers Mild Chopped
- 200g Green beans, diced and blanched
- 80 g pine nuts, lightly toasted
- 60 red onion, diced

- 1 tsp garlic, crushed
- 2 Tbsp lemon juice
- 1 cup basil leaves

Method:

1. Pour the hot stock over the Quinoa and cover for 10 minutes.
2. Add the baby marrow, green beans, PEPPADEW® Sweet Piquanté Peppers Mild Chopped, pine nuts, red onion garlic and lemon juice, and mix well.
3. Add the basil leaves roughly torn to the salad and serve.

SERVING SUGGESTIONS:

Add grilled chicken strips for a meat option.