

Quinoa Tabouli Salad

Scrumptious protein-rich gluten-free salad

Ingredients

- Half cup parsley, finely chopped
- Half cup of quinoa
- 1 cup vegetable stock
- 2 tomatoes, finely diced
- 1 large cucumber, finely diced
- Half a can of red kidney beans, rinsed and drained
- 1 tablespoon of flaxseed oil
- Sea salt and freshly cracked pepper to season

Method

1. Cook quinoa in vegetable stock until tender but not too soft. Set aside to cool.
2. Transfer parsley, quinoa, tomatoes, cucumber and red kidney beans into a big bowl.
3. Drizzle with the flaxseed oil. Toss gently.
4. Season with freshly ground sea salt and cracked pepper and serve.

