

Superfood Salad

This salad is nutrient dense and versatile as it can be adapted for any protein, veg or salad items you have in your cupboards or fridge. Quinoa makes a great whole grain carbohydrate choice as it is high in protein and fibre.

Ingredients

250g cooked quinoa (precooked in bag for quickness)

Any of the following – peppers, cucumber, celery, carrot, courgette, sweetcorn, peas.

pomegranate seeds, chopped fruit, spinach, kale, salad leaves, rocket

Fresh herbs e.g. coriander, mint (chopped).

Antipasto type ingredients (from a jar): sun dried tomatoes, artichokes, roasted red peppers.

Any of the following: cooked chicken or turkey, salmon, prawns, avocado, feta or halloumi cheese, chickpeas, beans

Any of the following seeds/nuts: ground flax, pumpkin, sesame, sunflower, pine nuts, walnuts, pecans (1 tbsp)

Dressing : 2 tbsp olive oil 1 tbsp apple cider vinegar or lemon juice 1 tsp Dijon mustard
1 tsp honey seasoning



Method

*Cook the quinoa by following the microwave instructions on the packet, then place in a large bowl and allow to cool.

*While it is cooling, make the dressing by simply combining all the ingredients in a small glass or jar and mix well.

*Chop or grate any of your chosen salad ingredients if needed.

*When the quinoa has cooled, add the dressing, chopped herbs and salad ingredients and mix well.

*Serve with your protein of choice and sprinkle any nuts or seeds if including over the top.

Recipe notes:

Use brown, basmati or wholegrain rice, couscous or other wholegrain combinations instead of quinoa.

You can also use dried quinoa and cook it yourself but this takes more time. You can also just use olive oil and lemon juice for the dressing if it's easy and preferred.

Nutritional info - 1/3 portion of salad (red pepper, ground flax seed, cucumber, coriander, grated carrot) with dressing topped with chicken (100g) and half an avocado.



Serves : 2-3
Prep: 10 mins
Cook: 20 mins



Nutrition per serving:
Cals: 495
Protein: 39g
Carbs: 36g
Fat: 17g