

Middle Eastern Quinoa Salad



This weeks recipe of the week was inspired by the coming change of the season. A wholesome salad with the flavours of a middle eastern spring. Enjoy!

Ingredients:

- 1 cup of uncooked organic white quinoa
- 2 cups of water
- 15 Saffron threads
- Salt & Pepper to taste
- 1/2 cup grated carrot
- 1/4 cup finely chopped shallots
- 2 dried figs, finely chopped
- 1/4 cup toasted sunflower seeds and pine nuts
- 1/3 cup chopped fresh parsley
- Zest of one lemon
- 1 tablespoon of olive oil

Method:

1. Pour the quinoa into a small saucepan. Add the water, saffron and a pinch of salt and pepper. Stir to combine.
2. Bring to the boil, cover and reduce to simmer for 10-15 minutes until the water has been absorbed and the quinoa is fluffy. Allow the quinoa to cool completely.
3. Transfer the cooled quinoa to a large mixing bowl. Add the carrot, shallots, fig, seeds, parsley and lemon zest.
4. Stir to combine, drizzling the olive oil and tossing again.
5. Season with salt and pepper if needed. Enjoy.

Gluten Free | Dairy Free | Vegan

