



Chickpea & Quinoa Tabbouleh

Serves 4

¾ cup (130g) quinoa, uncooked
1 x 14 oz. (400g) can chickpeas, drained
2 medium tomatoes, diced
1 small cucumber, diced
1 cup (60g) parsley, chopped
3 tbsp. olive oil
2 tbsp. red wine vinegar
salt & pepper

What you need to do

1. Cook the quinoa according to the instructions on packaging. Once cooked, drain and set aside.
2. In a large bowl, mix the cooked quinoa, chickpeas, tomatoes, cucumber, parsley, oil, and vinegar. Season to taste with salt and pepper and place in the refrigerator to chill. Best served chilled.
3. Store refrigerated in an air-tight container for up to 2-3 days.

GF DF MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	12 mins	334	14	43	11

*Nutrition per serving

