



Quinoa Tabbouleh

Serves 4

1 cup (170g) quinoa
2 medium tomatoes, finely diced
1 small cucumber, finely diced
1 bell pepper, finely diced
1 red onion, finely diced
 $\frac{2}{3}$ cup (15g) parsley, chopped
 $\frac{2}{3}$ cup (15g) mint, chopped
juice of 2 limes
2 tbsp. olive oil

What you need to do

1. Cook the quinoa according to instructions on the packaging. Once cooked, place in a large salad bowl.
2. Finely dice the vegetables and chop the fresh herbs, then add to the salad bowl.
3. Squeeze in the lime juice, drizzle with olive oil and season to taste with salt and pepper. Mix everything well until combined.
4. Serves as a salad or side dish. Store covered and refrigerated for up to 3 days.



GF DF MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	272	10	42	8

*Nutrition per serving