

Mediterranean quinoa salad

100g quinoa (dry weight)
100g baby leaf spinach
100g cherry tomatoes, halved
50g red onion, finely chopped
8 green olives, pitted
1 red bell pepper, sliced
a small handful of flat leaf parsley, finely chopped
a good pinch of sea salt and ground black pepper
juice of ½ a lemon
1 tbsp olive oil

SERVES 2

Place the quinoa in a saucepan of boiling water. Simmer over a medium heat for 30 minutes, then drain and leave to cool.

Place the spinach in a large serving bowl and add all the other ingredients apart from the lemon juice and olive oil.

Mix the lemon juice and olive oil in a jug. Drizzle over the salad before serving.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



PER SERVING:
518 Calories
59g Carbs
21g Protein
26g Fat