

QUINOA AND CANNELLINI SALAD

INGREDIENTS

Mix in the following ingredients together in a bowl:

- ½ to 1 cup cooked quinoa
- A handful of mixed salad greens
- Finely sliced purple onion
- 1 chopped tomato
- Finely shredded purple cabbage
- Cucumber julienne
- Cooked organic cannellini beans
- Wedges of avocado

For Mediterranean flavour: Add olives, parsley, basil, goat's cheese, olive oil and lemon juice.

For Asian Twist: Add peppermint and coriander leaves, watercress, sesame and olive oil, lime juice and chilli flakes.

METHOD

- Simply rinse one cup quinoa (red or white or a combination) in a fine mesh strainer, then bring to a simmer in a pot with two cups of water, cover and cook on low heat for 10 to 15 minutes until liquid is absorbed. Presto!

Credit to Anna Zerafa



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