

## **RED QUINOA SALAD**

Wheat-free Gluten-free Dairy-free

A simple and nutritious salad to be served as a side or to be enjoyed on its own as a light meal. Quinoa (pronounced Keen-wa), is an alkalising food and has a balanced amino acid profile providing high protein. Quinoa has more calcium than milk and is higher in natural fat content than any grain (good for sustaining energy); it is also a source of Vit. B, Vit. E, phosphorous and iron.

### **Ingredients:**

- 1 cup red quinoa
- 2 cups water
- ½ cup coriander, chopped
- small head broccoli, cut into thin wedge-like pieces
- 1 lemon, juiced
- 2 tablespoons Tamari (this is a soy-sauce alternative)
- ½ cup pine nuts roasted (or 100g of toasted slivered almonds as an alternative)
- ½ cup pecans nuts, chopped
- ¼ red capsicum, cut into thin slivers
- 1 finely sliced red onion

### **Method:**

Place quinoa and water into medium saucepan and bring to boil, then simmer until water absorbs (15mins) stir with fork, then cool.

Add all other ingredients to quinoa and top with a dash of cold pressed olive oil.