

Quinoa Salad

Quinoa is packed with all the essential amino acids your body needs. Perfect for vegan vitality.

Ready in **30** minutes Serves **2**

Ingredients

- ½ cup quinoa
- 5 spring onions, chopped
- 1 red pepper, chopped
- 200g smoked tofu
- ¼ tsp fresh ginger
- zest and juice of a lime
- handful of fresh coriander leaves
- 2 tbsp extra virgin rapeseed oil (optional)
- salt and freshly ground pepper

Method

1. Rinse the quinoa well.
2. Place in a pan with a cup of water, bring to the boil, and then simmer for 10 minutes until cooked.
3. Remove from heat, and leave to absorb remaining water.
4. Quinoa will increase by 3 to 4 times in volume and when cooked has a light fluffy texture.
5. Chop the onions and pepper.
6. Chop the tofu into chunks.
7. Add this to the quinoa and mix well.
8. Roughly chop the fresh coriander leaves - a food processor may be used.
9. Add to the quinoa mixture.
10. Add the lime juice and zest, ginger and the oil.
11. Season to taste and mix well.
12. Chill until required.

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Cookery courses in Malvern, with bed and breakfast available.

All food suitable for vegans.

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