QUINOA TABBLOULEH

Categoria: Unique dishes **Tempo di preparazione:** 20 minutes **Difficoltà:** molto facile

Ingredienti per 4

- 1 bunch of spring onions, thinly sliced crosswise
- 25-30g flat leaf parsley, finely chopped
- 15g fresh mint leaves, finely sliced
- 1/2 cucumber, finely diced
- 75g cherry tomatoes, cut into small wedges
- 1 clove garlic, finely chopped
- 125g ready to eat quinoa
- 30 ml extra virgin olive oil
- Juice of 1 lemon
- To serve: romaine (cos) lettuce leaves, yogurt

Traditionally, tabbouleh is made with bulgur wheat. Too often, though, the salad you get is heavy on the bulgur, light on the vegetables, unlike the middle east where the vegetables are the star of the dish. Using quinoa instead of bulgur makes the tabbouleh extremely light and refreshing.

Preparation time: **20 minutes**
Assembly time: **20 minutes**
Serves: **4**

Method

Combine the spring onions, parsley, and mint in a large bowl, then add the cucumbers, tomatoes, and garlic, and mix together well.

Add the quinoa, mix in well, and dress with the olive oil and lemon. Season to taste serve on a few leaves of lettuce, with a spoonful of yogurt on the side.

Cooks tip: This is even better eaten the next day! You can also replace the quinoa with couscous- just prepare according to instructions on pack.