QUINOA & WALNUT *salad*

This delicious high protein salad is my husband's absolute favourite work-day lunch! We prepare it every Sunday and it is my husband's go-to for lunch Monday right through to Thursday. We add additional ingredients in the morning to keep it varied, like fresh broccoli sprouts, pomegranates, pesto, chickpeas, guacamole - whatever is available.

INGREDIENTS

- 300g quinoa
- 2 x bok choy
- small punnet of cherry tomatoes
- 100g walnuts
- 100g frozen peas
- Chives

Dressing:

- 4 tablespoons tamari
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

INSTRUCTIONS

1. Bring 600ml of water to a boil and add the quinoa. Simmer until all the water evaporates. Remove from heat and set aside for 10 minutes with the lid on. Allow to cool fully.

2. Place frozen peas in hot water to thaw to 10 minutes and then drain.

3. Chop the bok choy, tomatoes, chives, walnuts and add to your salad bowl. Mix in the quinoa and the peas once cool.

4. Whisk the dressing ingredients in a bowl with a fork and set aside. Add dressing only once serving.

SERVES
4 PEOPLE

PREP TIME
10 MIN

COOK TIME
20 MIN

TOTAL TIME
30 MIN

NUTRITIONAL INFORMATION

MAKES 4 X 330G PORTIONS

EACH PORTION CONTAINS:

534 KCAL
20G PROTEIN
25G FAT
52G CARBS
11G FIBER

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