

Quinoa Tabbouleh



1 cup dry quinoa
2 cups water
1/4 tsp sea salt
1 cup chopped tomatoes
1 cup chopped parsley
1/4 cup minced mint leaves (optional)
1/2 cup chopped yellow onion
Dressing
3 tablespoons olive oil
3 tablespoons fresh squeezed lemon juice
1/2 teaspoon sea salt

Place quinoa, water and 1/4 teaspoon salt in a pan and bring to a boil. Simmer and cover for 15 minutes or until water is absorbed and quinoa is soft. Let the quinoa cool for a half hour. Mix in tomatoes, parsley, mint and onion. In a separate bowl, whisk together the olive oil, lemon and salt. Drizzle over the tabbouleh and mix well. Chill and serve.



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