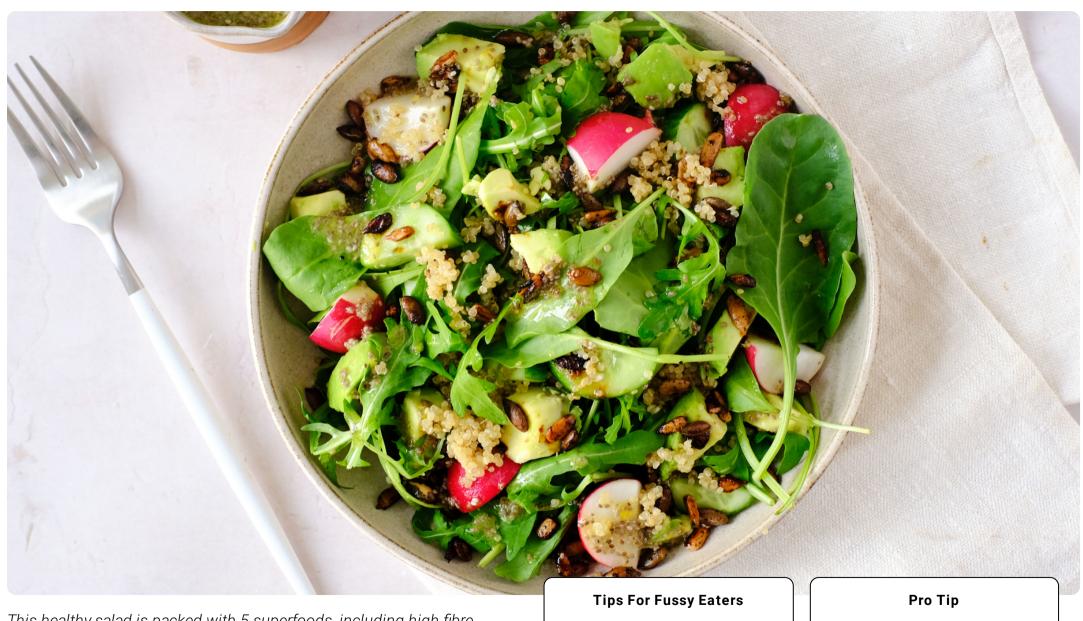
# **Superfood Salad**

With Lemon Chia Dressing



This healthy salad is packed with 5 superfoods, including high fibre quinoa.

Cooking Time: 25 min | Dairy-Free Cals 641 | Prot 18 | Carbs 67 | Fat 39 Remove the greens and serve with quinoa only.

Don't dress the salad too far in advance.

#### **Ingredients** For 2 For 3 For 4 Salad Red radish 125 Grams 125 125 Cucumber 2 2 Piece Avocado 1 2 2 Piece 80 80 Rocket 40 Grams Baby spinach 125 125 250 Grams **Dressing** 2 Piece Lemon Dijon mustard 6 9 12 Grams 10 15 20 MI Agave syrup Chia seeds 30 45 60 Grams 3 4 Olive oil 6 Tbsp 15 22 30 Rice vinegar ML 0.5 Salt Tsp Black pepper 0.5 0.5 Tsp Side 150 200 White quinoa 100 Grams 300 400 Water 200 ML Salt 0.5 0.5 Tsp Seeds Sunflower seeds 20 30 40 Grams Pumpkin seeds 20 30 40 Grams Soy sauce 10 10 20 MI 22 30 Sesame oil 15 ML



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#### 1 Cook guinoa

Preheat the oven to 200°C/180°C fan. Place the **quinoa** in a bowl, cover with warm water and rinse well. Drain in a fine sieve. Add the **measured water** to a saucepan and bring it to a boil over a high heat. Once boiling, add the **quinoa** and **salt**. Reduce the heat to mediumlow, cover with a lid and simmer for 15 min or until the liquid is fully absorbed and the **quinoa** is tender.

#### 2 Prep

Meanwhile, quarter the **radish**. Halve the **cucumber** lengthwise and slice it. Zest and juice the **lemon** into a large salad bowl.

### 3 Dressing

Add the **Dijon mustard, agave, chia** seeds, olive oil, rice vinegar, salt and pepper to the **lemon** juice and zest. Whisk until fully combined - this is your **dressing**.





In a second bowl, toss the **sunflower** and **pumpkin seeds** in the **soy sauce** and **sesame oil**. Place the **seeds** on a lined baking tray and bake for 5-8 min or until starting to brown.



# 5 Prep avocado

Slice the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then cube it.



# 6 Serve

Add the rocket, spinach, radish, cucumber and quinoa to the dressing. Top with the avocado and toasted seeds.