



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

Tips For Fussy Eaters

Remove the greens and serve with quinoa only.

Pro Tip

Don't dress the salad too far in advance.

Ingredients For 2 For 3 For 4

Salad

| | | | | |
|--------------|-----|-----|-----|-------|
| Red radish | 125 | 125 | 125 | Grams |
| Cucumber | 1 | 2 | 2 | Piece |
| Avocado | 1 | 2 | 2 | Piece |
| Rocket | 40 | 80 | 80 | Grams |
| Baby spinach | 125 | 125 | 250 | Grams |

Dressing

| | | | | |
|---------------|-----|-----|----|-------|
| Lemon | 1 | 1 | 2 | Piece |
| Dijon mustard | 6 | 9 | 12 | Grams |
| Agave syrup | 10 | 15 | 20 | ML |
| Chia seeds | 30 | 45 | 60 | Grams |
| Olive oil | 3 | 4 | 6 | Tbsp |
| Rice vinegar | 15 | 22 | 30 | ML |
| Salt | 0.5 | 1 | 1 | Tsp |
| Black pepper | 0.5 | 0.5 | 1 | Tsp |

Side

| | | | | |
|--------------|-----|-----|-----|-------|
| White quinoa | 100 | 150 | 200 | Grams |
| Water | 200 | 300 | 400 | ML |
| Salt | 0.5 | 0.5 | 1 | Tsp |

Seeds

| | | | | |
|-----------------|----|----|----|-------|
| Sunflower seeds | 20 | 30 | 40 | Grams |
| Pumpkin seeds | 20 | 30 | 40 | Grams |
| Soy sauce | 10 | 10 | 20 | ML |
| Sesame oil | 15 | 22 | 30 | ML |



1 Cook quinoa

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 medium-low, cover with a lid and simmer for 15 min or until the liquid is fully absorbed and the **quinoa** is tender.



4 Toast

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.



2 Prep

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



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.



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**.



6 Serve

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



Share Your #hellochef Pics With Us

www.hellochef.me
hello@hellochef.me
04-383-93-99