




QUINOA AND CHICKPEA SALAD



Quinoa is also high in anti-inflammatory phytonutrients, making it potentially beneficial for human health, including gut health by acting as a prebiotic. So even if you're not adopting a plant based diet, adding some quinoa to your meals is a good move. This lemon quinoa and chickpea salad can be served warm, at room temperature, or chilled. The chickpeas boost the fibre and protein content of the salad even more, which may help in keeping you feeling fuller and reduce your calorie intake at meals if fat loss is your goal in the new year.

-  5 minutes
-  30 minutes
-  4 portions

INGREDIENTS

- 170 grams of quinoa, dry
- 420mls of water
- 1 teaspoon of garlic powder
- 1 x 400 gram tin of chickpeas, drained
- 1 carrot, peeled and diced
- 1 cucumber, quartered and sliced
- 5 spring onions, sliced
- 1 yellow pepper, diced
- 150 grams of cherry tomatoes, halved
- 12 grams of parsley, chopped
- 2 lemons, juiced
- 1/2 teaspoon of chilli flakes
- salt and pepper to taste

COOKING METHOD

- 1° In a fine mesh sieve, rinse the quinoa under cold running water.
- 2° Place the water, quinoa and garlic powder in a pan and bring to a boil, cover with a lid, reduce heat to low and gently simmer for 15 minutes. Remove the lid and leave for 10 minutes, then fluff with a fork.
- 3° Once the quinoa is ready, add the chickpeas, carrot, cucumber, spring onions, pepper, tomatoes, parsley, lemon juice and chilli flakes and mix well. Season to taste with salt and pepper.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (419 g)	% DRI
ENERGY	59 kcal	245 kcal	12 %
FAT	1 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	2 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	13 mg	55 mg	2 %
CARBOHYDRATE	10 g	41 g	14 %
SUGARS	2 g	9 g	—
FIBER	1 g	6 g	23 %
PROTEIN	3 g	12 g	—