



## LUNCH

# QUINOA SALAD

## WITH YOGHURT-LEMON DRESSING

- I. Cook quinoa according to instructions and then let it cool down a little.
- II. Dice the tomatoes, peppers, shallot and avocado and then add them to the quinoa in a bowl.
- III. Chop the walnuts into coarse pieces and pour them over the salad together with a few fresh herbs.
- VI. For the dressing, mix all the ingredients and add to the salad.

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### GIVE IT A TRY:

Vary the salad with your favorite vegetables, such as kidney beans or mushrooms. For the extra portion of protein, you can add tuna, boiled egg or feta cheese.

### INGREDIENTS:

40g quinoa  
4 small tomatoes  
½ Paprika  
½ Avocado  
1 shallot  
3 walnuts  
Herbs of your choice e.g. chives  
or parsley

### Dressing:

1tbsp Balsamic vinegar bianco  
1tbsp Yoghurt  
1 dash of lemon juice  
1tsp olive oil  
salt, pepper



Preparation time: 20min

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**TIP:** Quinoa is great to precook and store in the refrigerator for a few days. Alternatively, you can use 60g of couscous instead of quinoa.