
























Quinoa salad



Serves 2





Equipment	Ingredients	
Small saucepan 	½ cup of quinoa 	Dressing: 3 tbsp olive oil 
Sieve 	½ cup cooked chickpeas 	1 tbsp lemon juice 
Mixing bowl 	¼ cucumber 	1 tsp honey 
Small bowl 	6 cherry tomatoes 	1 pinch of salt 
Chopping board 	½ red onion 	Add any herbs of your choice
Knife 	½ avocado 	
Measuring spoons 	2 tbsp mixed fruit 	
Measuring cups 	1 cup of water 	
Metal spoon 		



Method

1. Place 500ml of water in a saucepan and bring to boil



2. Rinse quinoa under cold water using the sieve



3. Cook the quinoa at medium heat until it is soft and water is absorbed



4. In a small bowl mix the olive oil, lemon juice, honey and salt



5. Dice the red onion, cucumber, cherry tomatoes, and avocado





6. Drain and rinse the chickpeas from the can



7. Put chickpeas, quinoa, vegetables, mixed fruit, dressing and herbs into the mixing bowl



8. Mix well



Boiling: <https://www.youtube.com/shorts/zb9IDrDqzJM>

Dicing: <https://www.youtube.com/shorts/oBUwCpN-Ngl>

Cook quinoa: <https://www.youtube.com/shorts/bDrc28evZbl>