

Quinoa Salad

You will need:

- 1½ cups water
- 1 cup Quinoa, uncooked but rinsed
- 1 medium bell pepper, red
- 1 medium bell pepper, yellow
- 1 small red onion
- ¼ cup coriander
- 1 lime
- ¼ cup almonds, sliced
- ½ cup carrot, cut into thin strips
- ½ cup cranberries, dried
- Pinch of salt
- Pinch of black pepper, ground



What to do:

1. Bring water to a boil over a high heat in a saucepan, then pour in the quinoa and cover with a lid. Simmer over a low heat until the water has been absorbed, 15-20 minutes.
2. Once the quinoa is cooked pour into a mixing bowl and chill in the fridge until chilled.
3. Once chilled, stir in the red pepper, yellow pepper, red onion, coriander, lime juice, sliced almonds, carrots and cranberries.
4. Season to taste with salt and pepper.

Please note:

You can chop everything ahead of time. Try adding chicken for a different meal.