

# Quinoa Tabbouleh

## Ingredients

120g quinoa  
8 medium tomatoes  
1 cucumber  
4 large handfuls chopped fresh parsley, coriander and/or mint.  
1 large avocado  
seeds of 1 pomegranate  
2 tbsp toasted sunflower seeds or chopped roasted hazelnuts  
2 lg handfuls baby spinach  
**Dressing:** 80ml olive oil  
2 tblsp lemon juice  
1 garlic clove, crushed  
1 tspn baharat spice (opt)  
salt and pepper

## Method

Place the quinoa in a saucepan of boiling water and cook for 10 mins, or until tender. Drain in a sieve, rinse under cold water and leave to dry.

Finely dice the tomatoes and cucumber. Add to the quinoa in a salad bowl, along with the herbs and the spinach.

Whisk the dressing ingredients together and add to bowl. Toss together. Finally, sprinkle the pomegranate seeds and/or nuts over the top. When ready to serve, dice the avocado and pile it in the middle, with an added squeeze of lemon juice over it.

**Serving Suggestions:**  
Serve warm or cold.