Minty green quinoa & brown rice salad

Preparation time

15

Serves

4

Recipe courtesy of

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Ingredients Method Nutrition

250g cooked Quinoa & Brown Rice*

1 cup green peas (other options are snowpeas, green beans, any greens!)

1 medium zucchini halved lengthwise and sliced

1 avocado, diced

100g reduced-fat Danish feta crumbled

¼ cup chopped fresh mint leaves

¼ cup shaved almonds

spray olive oil

DRESSING

50mL extra virgin olive oil

1 tsp Dijon mustard**

juice and rind of 1 lemon

sea salt and cracked black pepper to taste

* Although not as cost effective as cooking from scratch, the 90 second microwaveable rice & quinoa packs available at most supermarkets are useful for busy people.

** For those with coeliac disease be sure to check the label to choose a gluten free mustard.

1. Heat a dry, small pan on med heat and lightly toast almonds. Remove from pan and set aside.
2. In the same pan lightly fry zucchini in spray olive oil. Set aside.
3. Cook the quinoa and rice in the microwave, as per the portion instructions. Alternatively, this can be cooked from scratch.
4. When all components cool, combine quinoa/rice, all green vege, feta and mint leaves (reserving a small amount of feta and mint).
5. Combine dressing ingredients in a small jug with a fork then mix into salad.
6. Serve with the toasted almonds and an extra sprinkle of mint and feta.
7. You can mix and match any of the vegetables in this dish, whichever you have in the fridge!

Nutritional information is provided per serve

Engery	1732kJ (414 calories)
Protein	10g
Saturated Fat	6g
Total Fat	29g
Carbohydrates	24g
Sugars	4g
Dietary Fibre	9g
Sodium	374g