



LENTIL AND QUINOA SALAD

Ingredients

1 cup of cooked red quinoa
1 cup of cooked brown or green lentils
1 red onion cut into small wedges
1 fennel bulb cut into small wedges
1 small bunch of chopped parsley
1 small bunch chopped chives

Pomegranate dressing

3 tbs extra virgin olive oil
1 tbs pomegranate molasses or balsamic vinegar
Sprinkle of herbamare salt
Black pepper
1 teas grain mustard

Method.

Place the onion and fennel on a thick baking tray and mix with some olive oil, bake for 40 mins until soft. Put aside to cool.

Mix the quinoa, lentils and herbs together with the roast vegetables.
Make the dressing by mixing all the ingredients in a small bowl.
Add enough dressing to the salad to moisten.

Serve at room temperature

Cooks tips

You could use regular quinoa and red lentils for a colourful change.

Nutritionists tips

Quinoa is a complete protein, containing all 8 essential amino acids, this makes it a good source of protein for vegetarians.