



Recipe name: Quinoa tabbouleh with Sweet pakora

Serves 4

Ingredient	Measurement	Weight
MG Red & White Quinoa (CER031)	Pouch	1
Red pepper tapenade (PST203)	g	30
Lemon juice (JUI041)	ml	60
Extra virgin olive oil (EVO203)	ml	60
Cucumber, de-seeded and finely diced	g	300
SunBlush® wedge (TOM150)	g	100
Sliced CherryBell® (PEP145)	g	40
Spring onions	each	3
Flat leaf parsley (Chopped)	g	50
Mint (Chopped)	g	50
Sweet potato pakora (VEG187)	g	80
Salt, pepper, cayenne pepper	To taste	To taste

Method

1. Put the red pepper tapenade, lemon juice and the extra virgin olive oil into a large bowl. Mix together and season to taste
2. Heat the quinoa according to the instructions on the pouch. Mix with the dressing, you need the quinoa to be hot when you mix it with the dressing so that it absorbs the flavours inside as well as out
3. Prepare the vegetables and herbs
4. Once the quinoa has cooled to lukewarm, mix it with the vegetables and herbs. Season to taste

5. If you are using it, crumble the sweet potato pakora or falafel over the top and serve