

Quinoa Tabbouleh with Sweet Pakora

YOU WILL NEED

1 packet Merchant Gourmet® red & white Quinoa (CER031)
30g red pepper tapenade (PST203)
60ml lemon juice (JUI041)
60ml extra virgin olive oil (EVO203)
300g cucumber - de-seeded and finely diced
100g SunBlush® wedge (TOM150)
40g sliced CherryBell® (PEP145)
3 spring onions
50g flat leaf parsley - chopped
50g mint - chopped
80g sweet potato pakora (VEG187)
salt, pepper & cayenne to taste



SERVES 4
APPROX 20 MINS

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PROCEDURE

Put the red pepper tapenade, lemon juice and extra virgin olive oil into a large bowl. Mix and season to taste

Heat the quinoa according to the instructions on the pouch. Mix with the dressing, you want the quinoa hot so it absorbs the flavours inside as well as out

Once the quinoa has cooled, mix with the vegetables and herbs. Season to taste

Crumble the sweet potato pakora over the top and serve



TOP TIP

Don't fancy pakora? Why not try falafel instead for a delicious alternative

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