

Quinoa tabbouleh



Ingredients:

300 g quinoa

Parsley leaves

Coriander (cilantro) leaves

Mint leaves

½ bunch spring onion

500 g tomatoes

2 lemons, juice

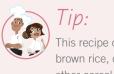
1 cup olive oil

Salt

Pepper

Preparation:

- Rinse the quinoa to remove the bitter taste and cook it in abundant salted water until well cooked.
- Cut the tomatoes and spring onion.
- Chop the parsley, mint and coriander.
- Mix all the ingredients.
- Season with lemon juice, olive oil, salt and pepper.



This recipe can be used with brown rice, couscous and any other cereal or legume.