



Quinoa salad with avocado pebre



Chef Carlo von Mühlenbrock (Chile)

Serves: 6

Ingredients:

For the salad

3 cups cooked quinoa
(one each: black, red and white)
½ cup red onion, chopped
½ cup coriander (cilantro), chopped
½ cup red pepper, diced
1 cup avocado, diced
3 lemons (juice)
1 cup tomato, diced
Olive oil
Salt
Green chilli
Garlic

For decoration

Lettuce leaves
Parsley

Preparation:

- Squeeze the lemons and set aside the juice.
- In a bowl place the quinoa, red onion, pepper, avocado, tomato and green chilli.
- In another bowl combine the olive oil, salt, coriander, salt and lemon juice.
- Mix and serve with lettuce and chopped parsley



Tip:

While avocado has a high calorie content compared to most other fruits, it is a good source of monounsaturated fat.