

TASTY TREATS

RAINBOW QUINOA SALAD

INGREDIENTS

RAINBOW INGREDIENTS:

- ½ cucumber, cubed
- ½ red onion, cubed
- 1 cup sweet corn
- 1 avocado cubed
- 1 orange bell pepper, cubed
- 1 yellow bell pepper cubed
- 2 green onions finely sliced
- 2 grated carrots
- 3 tomatoes deseeded and cubed
- 4 cloves garlic finely minced or crushed.
- 5 radishes finely minced.

QUINOA:

- 2 cups quinoa
- 4½ cups vegetable stock

YOGURT DRESSING:

- 1½ cups vegan yogurt
- 1 Tbsp Lemon juice
- ¼ cup Olive oil
- 1/3 cup nutritional Yeast flakes
- 1tsp paprika
- 1 tsp onion powder
- ½ tsp garlic powder
- 1 Tsp dried herbs
- 2 tsp bullion

DIRECTIONS

1. Prepare all the veg ingredients by dicing and cubing into fairly small pieces.
2. Cook the quinoa by adding 4.5 cups of vegetable stock to the 2 cups of quinoa. Bring to the boil for 5 minutes and then simmer for a further 20. Once the quinoa is soft and fluffy, turn off the heat and allow to cool.
3. Prepare the yogurt sauce by mixing all of the ingredients well.
4. Compose the salad by layering a bowl in stages with sauce, quinoa, salad then mixing at each increment. This will ensure the sauce is nicely mixed through the entire dish.

Bon appetite!

