



MANGO BLACK BEAN QUINOA SALAD



Prep Time
20 Minutes



Cook Time
10 Minutes



Serves
4

NOTE: To serve more people just increase as needed!

Ingredients

1 Cup of Cooked RESTORE™ Bolivian Quinoa (white or tri-colour)
1x Cup of Chopped Mango
1x Whole Yellow Capsicum
1x Cup of Cooked Black Beans
1x Clove of Garlic
3x Limau Limes
Salt
Black Pepper

This recipe requires cooked quinoa. Log on to Restore Malaysia website and learn how to cook quinoa.

Want extra nutritious? Extra delicious?

Add walnuts nuts or pumpkin seeds for an extra health boost.

RESTORE™ Tip

You can use canned black beans for this recipe but remember to drain and rinse them first!

We hope you enjoyed this SUPER nutritious, SUPER delicious dish. Cheers to your health!

Instructions

- 1) In a bowl, set aside the black beans.
- 2) Next, chop the mango and yellow capsicum into cubes. Set aside.
- 3) Mince the garlic. Set aside.
- 4) Get a big bowl and scoop the cooked and chilled quinoa into it.
- 5) Next, add the black beans, chopped garlic, mango and capsicums.
- 6) Next, add the limau juice. Squeeze the limau over a strainer and let the juice run into the salad.
- 7) Mix well.
- 8) Grab a spoon. Serve and enjoy!