



SPANISH FUSION QUINOA SALAD



Prep Time
20 Minutes



Cook Time
10 Minutes



Serves
4

NOTE: To serve more people just increase as needed!

Ingredients

2x Cup of Cooked and Chilled RESTORE™ Bolivian Quinoa
1/2 Red Onion (chopped)
1x Whole Yellow Capsicum (chopped)
1x Cup of Tomatoes (chopped)
1x Cup of Black Beans (drained and rinsed)
1x Cup of Sweet Corn (frozen or canned. Use kernels, NOT CREAM!)
1x Cup of Coriander (chopped)
2x Stalks of Spring Onions (chopped)
1/2 of an Avocado (sliced) OPTIONAL
1x Cup of grated Cheddar Cheese (sharp or mild to taste)

Salad Sauce:

4-5x Limau limes (juiced)
3x Tablespoons of Virgin Olive Oil
1x Teaspoon of Chilli Powder (to taste)
1x Tablespoon of Cumin (to taste)
Salt (to taste)
Black Pepper (to taste)

This recipe goes great with cooked quinoa. Log on to Restore Malaysia website and learn how to cook quinoa.

!! NOTE: If you're using canned vegetables, wash and rinse them first to get rid of the salt and preservatives !!

RESTORE™ Tip

FRESH vine tomatoes are best for this salad, however, you can also use cherry tomatoes or chopped canned tomatoes if you like! We hope you enjoyed this SUPER nutritious, SUPER delicious meal. Cheers to your health!

Instructions

- 1) Prepare your vegetables. Chop the spring onions, red onions, coriander, yellow capsicum and tomatoes.
- 2) In a large bowl, add the chilled RESTORE™ Bolivian Quinoa.
- 3) Then, add the spring onions, red onions, coriander, yellow capsicum, black beans, tomatoes and grated cheese! Set aside.
- 4) Now, make the salad sauce. In a separate bowl, juice the limau over a strainer. Then add the Virgin Olive Oil.
- 5) Next, add to the sauce the chilli powder, cumin, black pepper and salt. Stir well.
- 6) Pour the dressing over the salad and toss the salad very well.
- 7) Grab a plate and spoon the salad onto it.
- 8) Garnish with slices of avocado and coriander.
- 9) Grab a spoon. Time to ENJOY!