

Quinoa tabouli with currants & almonds



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Preparation 25 mins | Cooking 20 mins | Serves 6

- ¾ cup quinoa*
- 2 tsp olive oil
- ⅓ cup slivered almonds
- 3 cups parsley leaves (about 2 bunches)
- 1 cup firmly-packed mint leaves (about 1 bunch)
- 3 green onions (shallots), trimmed and thinly sliced
- 1 Lebanese cucumber, diced
- 250g tomato medley or heirloom tomatoes, halved lengthways
- ⅓ cup lemon juice
- ⅓ cup extra virgin olive oil
- ½ cup currants

*Quinoa is a protein-rich grain, it's cooked like rice. Find it in the supermarket.

STEP 1 Place quinoa in a small saucepan. Add 1 ½ cups water, cover and bring to the boil over medium heat. Reduce heat to low and simmer, uncovered, for 12-15 minutes until tender. Drain, refresh in cold water and set aside to dry.

STEP 2 Meanwhile, heat olive oil in a small saucepan over medium heat. Add almonds and cook, tossing often, until golden. Remove to a plate and set aside.

STEP 3 Chop parsley and mint and place into a large bowl. Add quinoa, green onions, cucumber, tomatoes, lemon juice, extra virgin olive oil, currants and almonds. Season with salt and pepper to taste. Gently toss to combine and serve.

Good for you... LEBANESE CUCUMBER

A good source of vitamin C. One of the many functions of vitamin C is the normal formation of collagen which is important for healthy teeth, gums and skin.

