

Quinoa tabouli & chickpea salad



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Preparation 20 mins | Cooking 13 mins | Serves 4-6

- 1 cup white quinoa
- 2 cups water
- 400g can chickpeas, drained and rinsed
- 4 cups firmly-packed flat-leaf parsley leaves, chopped
- 1 cup mint leaves, chopped
- 3 green onions (shallots), trimmed and thinly sliced
- 2 Lebanese cucumbers, deseeded and chopped in 1cm dice
- 250g grape or mini roma tomatoes, halved
- ¼ cup pepitas

Lemon dressing:

- ½ cup extra virgin olive oil
- ¼ cup lemon juice
- 1 clove garlic, crushed

STEP 1 Rinse quinoa and place into a small saucepan. Add water, stir to combine and bring to the boil over high heat. Boil for 2 minutes. Reduce heat, cover and cook for 10 minutes or until tender and water is absorbed. Set aside to cool. Fluff with a fork.

STEP 2 Place cooled quinoa into a large bowl. Add chickpeas, parsley, mint, green onions, cucumbers and tomatoes. Toss gently to combine.

STEP 3 To make the lemon dressing, combine all ingredients in a screw-top jar. Season with salt and pepper to taste. Shake until well combined.

STEP 4 Pour the dressing over salad. Gently toss to combine. Spoon onto a serving platter. Scatter with pepitas and a few extra mint and parsley leaves if liked, and serve.