

Quinoa Tabbouleh



PREPARATION TIME

15 min



COOKING TIME

15 min



SERVES

4

INGREDIENTS

- 100 g quinoa
- 2 peppers (1 red, 1 yellow)
- ½ cucumber
- 2 fresh onions with their stems
- 1 bunch of flat parsley
- 2 sprigs of mint
- 3 tbsp olive oil

INSTRUCTIONS

1. Rinse the quinoa thoroughly in a fine sieve. In a saucepan, cook it in twice its volume of water. Bring to the boil and cook, covered, for 3 minutes. Remove from the heat and leave to swell for 10 minutes. Drain in the sieve.
2. Wash and finely chop the parsley and mint leaves. Chop the onions and their stems. Wash and cut the peppers into small pieces of 2 cm by 0.5 cm after cutting them in half and removing the seeds. Peel and cut the cucumber into pieces the same size as the pepper.
3. In a bowl, mix the quinoa and olive oil. Leave for 15 minutes and add the herbs and vegetables. Mix and serve.

Tip: For a more nutritious and lighter tabbouleh, soak the quinoa for 4 hours and sprout it for 36-48 hours. Cooking time is reduced as germination progresses. Between 2 and 3 days of germination, there is no need to cook.