

## Mediterranean Quinoa Bowl



### Ingredients:

- 1 cup cooked quinoa
- 1/2 cup cooked chickpeas
- 1/4 cup chopped cucumber
- 1/4 cup chopped cherry tomatoes
- 1/4 cup chopped olives
- 1/4 cup chopped parsley

### Lemon Herb Tahini Dressing

- 1/4 cup tahini
- Juice of 1 lemon
- 1 tablespoon red wine vinegar
- 2 garlic cloves
- 1/4 cup fresh basil
- 1 teaspoon fresh oregano
- 1 teaspoon fresh/dried thyme
- Pinch of salt and pepper
- 3 – 5 tablespoons water

### Method:

Add all the quinoa, chickpeas, cucumber, cherry tomatoes, olives and parsley into your bowl.

Add all the dressing ingredients to a blender, starting with 3 tablespoons of water. Blend on high until smooth and creamy, if it's too thick, add more water until your desired consistency is reached.

Top your quinoa bowl with the dressing and stir together. Feel free to finish with a little more fresh parsley if you'd like!

1 to 2 servings

## How to cook quinoa

Rince well before cooking.

Add quinoa to water in a 1:2 ratio (1 cup quinoa to 2 cups water)

Bring to the boil and simmer for about 20 minutes, or until the water is absorbed.

Cooking tip: 1 cup raw quinoa makes 3 cups cooked quinoa.

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