

NUTRIENT DENSE

Broccoli & Quinoa Tabbouli

YOU WILL NEED

Serves 4

1 cup cooked quinoa

¼ red onion, finely diced

1 head broccoli

2 tomatoes, chopped

½ cup mint, chopped

½ cup parsley, chopped

Zest & juice of 1 lemon

4 tbsp extra virgin olive oil

Sea salt & pepper

Optional - Tamari Almonds

PROCEDURE

- Place red onion in a bowl & cover with cold water for 10 minutes.
- Steam broccoli until just tender, then run under cold water to stop it cooking further.
- Chop finely & place in bowl with cooked quinoa.
- Add all remaining ingredients – tomatoes, herbs, lemon juice, zest & olive oil.
- Season well with sea salt & pepper. Combine well.



COOKING TIP

Soaking the red onion softens the sharpness and reduces the intensity of flavour.

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