

Power packed quinoa salad

This salad is ideal as a meat-free main meal since it provides a balance of carbohydrate, protein, healthy fats and vegetables.

Serves: 4

Preparation time: 5 minutes

Cooking time: 15 minutes

Ingredients:

185g cooked quinoa
120g tenderstem broccoli
125g tinned chickpeas, drained
80g beansprouts
8 baby tomatoes, halved
2 tablespoons pumpkin seeds
1 avocado
4 eggs

For the dressing:

Juice of half a lime
2 tablespoons extra virgin olive oil
Wasabi paste to taste

Method:

1. Rinse the quinoa and cook as per package instructions to make 1 cup of cooked quinoa. Drain excess water and set aside to cool.
2. Cook the broccoli for 1 1/2 minutes in boiling water then cool it down in cold water.
3. Using a large platter, layer the cooked quinoa, chickpeas, pumpkin seeds and beansprouts and baby tomatoes.
4. Peel and slice the avocado and add this and the broccoli stems on top of the other ingredients.
5. In a small bowl, mix the lime, olive oil and wasabi paste. Pour the dressing evenly over the salad.
6. In a small pot, place eggs in room temperature water. Heat slowly, and when the water starts boiling, time it for about 8 minutes. Remove from the water and once cooled, but still warm, peel shells. Cut into slices.
7. Divide the salad evenly between four plates and top each with the sliced boiled egg.