

Eating For A Better You



INGREDIENTS

Super Summer Salad

- 1 cup quinoa, rinsed in a fine-mesh colander
- 10 oil-packed sun-dried tomatoes, drained and chopped

- 1 cup corn
- 50g chopped fresh spinach or kale
- 1/3 cup pine nuts, toasted
- 2 small courgettes/zucchini spiralized
- Salt, to taste

Lemon dressing

- 2 tablespoons olive oil
- Juice of 1 lemon lemon juice
- 2 cloves garlic, pressed or minced
- 1 teaspoon english mustard
- salt and pepper to taste
- Pinch of red pepper flakes

INSTRUCTIONS

1. To cook the quinoa: Combine the rinsed quinoa and 2 cups water in a medium saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer. Remove from heat, cover, and let the quinoa rest for 5 minutes, which gives it time to fluff up.

2. Meanwhile, to prepare the dressing: Whisk together the olive oil, lemon juice, garlic, mustard, salt and red pepper flakes. Season to taste with freshly ground black pepper.

3. To toast the pine nuts, pre-heat your oven to 350F or 180C. Place the pine nuts into your baking sheet and toast for 5-7 minutes but keep a watchful eye on them! Transfer the toasted pine nuts to a small bowl to cool.

4. Once the quinoa is done cooking, fluff it with a fork and then transfer it into your serving bowl along with the kale or spinach and the spiralized courgette/zucchini. Drizzle all of the dressing on top and toss to combine. Add the chopped sun-dried tomatoes and corn. Toss again, season to taste with additional salt and pepper and serve immediately.

