

WEEK



RECIPE OF THE WEEK

By **David Gillick**
Nutrition Support

DAVID'S RECIPE OF THE WEEK

BEETROOT, AVOCADO AND QUINOA SALAD (LUNCH)

INGREDIENTS (SERVES 2/3)

150 grams of quinoa

100g pumpkin seeds

3 medium cooked beetroots, sliced into thin strips

1 small ripe avocado, sliced into thin strips

1 small handful of roughly chopped fresh coriander

Juice of 1 lemon

400g tin no-added-salt chickpeas, rinsed and drained

3 tbsp. balsamic vinegar

2 spring onions, sliced into thin strips

1 tbsp. olive oil

Handful of chopped mint

Tip: Increase the protein content by adding some sliced freshly cooked chicken or turkey breast to the dish

METHOD

1. Place the quinoa in a saucepan and cover with boiling water, you will need about twice as much water as quinoa. Put a lid on the saucepan and bring to boil and allow to simmer. The quinoa is ready when all the water has been absorbed. Set aside and allow to cool.
2. In a bowl, combine the coriander, chickpeas, spring onions, beetroot, avocado and pumpkin seeds along with the lemon juice, balsamic vinegar and olive oil. Add the quinoa and gently mix.
3. Transfer to serving plates and top with chopped mint.