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Grilled Vegetable and Quinoa salad

Ingredients

6.5 oz quinoa
12 fl oz. water
1.5 fl oz. olive oil
1 fl oz. red wine vinegar
2 tsp. honey, runny
salt & pepper to taste
1 red pepper, diced
1 yellow pepper
diced
10 asparagus spears, trimmed
1 tin artichoke hearts
½ avocado, sliced
3 oz. pomegranate seeds

Preparation

- 1 Soak the quinoa in water for 5 minutes, then strain
- 2 Bring 1 ½ cups of salted water to boil, add the quinoa and stir, reduce the heat and cook covered until all the liquid is absorbed
- 3 mix the olive oil, vinegar, honey , salt and pepper in a bowl until combined
- 4 toss the peppers, asparagus and artichoke hearts in the dressing
- 5 grill on a medium heat until the vegetables begin to char
- 6 Once the quinoa is cooked fluff it and spoon it into a salad dish, add the remaining dressing
- 7 add the vegetables, avocado and pomegranate seeds and toss, serve with a wedge of lemon

Cooks Note
