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by ewfood

Quinoa Salad



Ingredients

1tbsp. olive oil
1 shallot. chopped
A few sprigs fresh thyme, chopped
1 can artichoke hearts, drained
8fl oz. chicken stock
2 oz. uncooked quinoa, rinsed
2oz. chopped fresh parsley
1 lemon's juice and rind
Salt to taste

Preparation

1. Sauté the shallot and thyme in some oil until the shallot is tender and translucent. Add the artichokes and sauté for a further three minutes, stirring constantly.
2. Add the stock and quinoa and allow it to simmer until all the liquid is absorbed.
3. Remove from the heat and stir in the remaining ingredients. Serve warm or at room temperature.

Cooks Note