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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
