



---

Posted on 7 January 2013  
*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

---