

Delicious Quinoa Tabbouleh with Chickpeas



Vegan & Gluten Free

Prep Time: 10 Minutes

Cook Time: 20-30 Minutes

Makes: 6 large main servings or 12 smaller side servings

This tasty, healthy and filling tabbouleh works great as a make ahead work lunch for during the week or as the perfect side addition to a summer BBQ. The quinoa and chickpeas provide an excellent source of protein keeping you full and satisfied.

Ingredients

1.5 cups Tri-Colour quinoa, rinsed
2 cups salt reduced vegetable stock
1 cup water
1 punnet mini-roma tomatoes, finely diced
2 small or 1 large tomato, finely diced
2 Lebanese cucumbers, finely diced
2 large bunches of parsley, finely chopped
1 lemon
2 tbsp. of garlic infused olive oil
3-4 spring onions, finely chopped
2 tins of chickpeas, rinsed



Method

1. In a rice cooker, place the rinsed quinoa, two cups of vegetable stock, one cup of water and set to cook.
2. While the quinoa is cooking, chop the parsley, mini-roma tomatoes, normal tomatoes, cucumber and spring onions and add to a large bowl with the rinsed chickpeas. Place in the fridge.
3. Once the quinoa is cooked, fluff with a fork and place in a bowl to cool to room temperature (place in the fridge to speed this up).
4. Once the quinoa has cooled, add it to the bowl containing the other ingredients and thoroughly mix everything together.
5. Squeeze in the juice of one lemon and add the two tablespoons of garlic infused olive oil, stir to combine.
6. Serve immediately or store in the fridge in an airtight container for up to three days.