

# quinoa tabouli

## Ingredients

2 bunches parsley  
500g tomatoes ('firm to touch')  
1/2 cup boiled quinoa  
2 spring onion leaves  
Juice of one lemon  
2 tablespoons extra virgin olive oil  
½ teaspoon of sea salt  
Pinch of black pepper  
Pinch of mixed spice ('baharat')  
Pinch dried mint

## Method

- Wash the parsley thoroughly. Dry well & place aside
- Boil and drain the quinoa, Place in a large bowl
- Wash, then dice the tomatoes into 5mm cubes
- Wash, then chop the spring onion leaves
- Add the tomatoes & spring onions to the quinoa, Add all the seasonings
- Chop the parsley finely (discarding the stems) & add to the other ingredients
- Add the lemon, salt, pepper, mint, baharat & olive oil to the mixture & mix together thoroughly