

VEGAN QUINOA SALAD



Serves: 6-8
Prep: 10 mins
Cook: 5 mins

INGREDIENTS

- 250g mixed Quinoa cooked
- 2 Tbsp olive oil
- 1Tbsp Oyster sauce
- ¼ greeted cauliflower
- 3 medium greeted carrots
- 250g mushrooms
- 5 spring onions
- 200g snow peas
- 100g sliced almonds
- 5-6 coriander branches
- Salt & Pepper

PREPARATION

1. *Place the cooked quinoa in a large bowl.*
2. *Wash all the vegetables. Greet the carrots and the broccoli. Cut the spring onions in small slices.*
3. *Meanwhile put a pan with 2Tbsp of olive oil and the mushrooms. Let them fry slightly than add the flat beans over. Add 1Tbsp of oyster sauce and let them cook 2-3min together.*
4. *Add all the vegetables in the large bowl with quinoa with a pinch of salt and pepper. Sprinkle with coriander leaves and sliced almonds.*
5. *This is a great dish low in calorie and rich in vitamins and minerals.*
6. *Add slices of fried tofu for higher protein content.*

