

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 fly 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 offried tofu for higher protein content.