

# GREEN DETOX SALAD



## INGREDIENTS

- 2 bunches parsley, roughly chopped, around 1 oz. (30g)
- 1/4 cup (46g) cooked quinoa
- 1 avocado, peeled, stone removed, cut into cubes
- 1/2 cucumber, cut into cubes
- 1/2 zucchini, cut into cubes
- 1 small red onion, finely diced
- 1 tsp. olive oil
- juice of 1 lemon
- 1/4 cup (30g) mixed seeds and nuts, to garnish

## PREPARATION

*In a medium bowl add parsley, avocado, quinoa, cucumber, zucchini, and onion and toss to combine.*

*Drizzle with olive oil and lemon, season with salt and pepper, then mix to combine and serve sprinkled with nuts and seeds.*



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



GF

LC

Q

DF

V

N



*Nutrition per serving:*  
315kcal  
24g Fats  
19g Carbs  
10g Protein