

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