

Fruity Quinoa Salad

25–30 Min

Preparation

1. Cook the quinoa in a pan with the finely diced dates until there is no more water left in the bottom of the pan. Stir in cardamom and allow to cool.
2. Wash the fruit, remove the cores and dice. Cut the fresh mint into thin strips. Grate the zest of the lemon and squeeze the juice of the lemon into a cup. Stir the zest and the olive oil into the cooked quinoa and mix in the juice of the lemon.
3. Mix the quinoa with the diced fruit and allow to infuse a little. Garnish with nuts and some mint leaves before serving.
4. You can use a variety of different fruits to prepare this fruity quinoa salad.

Ingredients 4 Portions

= Kotányi Produkte

200 g	Quinoa
7 pcs.	Dates
1 pcs.	Mango
1 pcs.	Peach
1 pcs.	Kiwifruit
1 pcs.	Apple, red
1 cup	Mint, fresh
4 tbsp.	Olive oil
1 pcs.	Lemon
3 tbsp.	Your choice of nuts
1 tsp.	Cardamom, Ground