



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

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.

