

Quinoa Tabbouleh

Yields about 1930 g



Ingredients

- 500 g white quinoa
- 750 ml water
- 1 tbsp vegetable powder
- 1 lemon
- 3 tbsp / 40 g olive oil
- ½ tsp salt
- 1 tsp black pepper, freshly ground
- 750 g tomatoes
- ½ bunch / 1 pot parsley
- ½ bunch / 1 pot mint
- ½ bunch / 1 pot basil

Method

- Boil the water.
- Put quinoa in a sieve and rinse thoroughly in two stages.
- Put quinoa into a pot and cook it together with the boiled water and vegetable powder for 25 minutes. Rinse quinoa in a big fine-meshed sieve and allow to cool down.
- Squeeze lemon and mix the juice with some olive oil, salt and pepper in a bowl.
- Cut tomatoes in cubes (app. 1 cm) and add them to the bowl.
- Rinse, dry and cut parsley, mint and basil and add to the bowl.
- Add quinoa and mix everything well.

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