

## PARSLEY AND QUINOA SALAD

### Ingredients

1 large handful roughly chopped parsley  
1 tablespoon roughly chopped mint  
1 large spring onion, chopped  
6 cherry tomatoes, cut into quarters  
1 tablespoon chopped raw almonds  
1 tablespoon pumpkin seeds  
1 cup cooked white quinoa  
Juice from one lemon  
Big pinch of salt and freshly ground pepper  
1 tablespoon extra virgin olive oil  
Optional - 1 tablespoon pomegranate seeds  
Optional - ¼ large ripe avocado

### Method

In a bowl toss all the ingredients together, eat soon after, as this salad, once tossed with the lemon juice, doesn't keep as fresh for very long.

If you want keep the salad longer, leave out the lemon juice until just before serving. Store in an airtight container for 24 hours.

