



# QUINOA WITH RED CABBAGE AND WALNUT DRESSING

## INGREDIENTS

- 150 grams of quinoa
- 50 grams of walnuts, roasted
- 3 tablespoons of olive oil
- 4 tablespoons of white wine vinegar
- 1 clove of garlic, squeezed
- 2 tablespoons of honey
- 1 small can of chick peas, drained
- 150 grams of red cabbage, sliced finely
- ½ avocado, in slices
- 50 grams of feta
- a couple of coriander leaves

## DIRECTIONS

Boil the quinoa. Drain and leave it to cool.

Roast the walnuts in a frying pan.

Beat in a blender the walnuts with the oil, vinegar, garlic, honey and 20 ml of water till a creamy dressing. Add if necessary some extra water to dilute the dressing.

Divide the lukewarm quinoa over 2 big bowls and put some chickpeas, red cabbage, avocado and feta next to it.

Pour some of the creamy dressing over it.

Season with black pepper.

Garnish with a couple of coriander leaves.

MAIN COURSE

2 PERSONS

TIME: 30 MINUTES

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