



## Quinoa Tabbouleh

<b>What to collect</b>	
<b>Ingredients</b>	<b>Equipment</b>
1 cup quinoa	saucepan with lid
1 ½ cups water	wooden spoon
1 teaspoon coarse salt	chopping board
2 cups loosely packed flat leaf parsley	knife
½ cup fresh mint leaves	metric measuring cups/spoons
½ cup basil leaves	zester
1 teaspoon finely grated lemon rind	juicer
3 to 4 tablespoons fresh lemon juice	peeler
1 medium cucumber, peeled, deseeded & diced	
1 medium tomato, diced	
½ cup extra virgin olive oil	

## What to do

1. Toast quinoa in a, saucepan over medium/high heat, stirring frequently until fragrant, 6 to 8 minutes.
2. Add 1 ½ cups of water and 1 teaspoon salt and bring to the boil. Reduce heat to medium/low, cover and simmer for about 15 to 16 minutes until water has evaporates and grains are tender.
3. Remove from heat and let stand, covered for 10 minutes, then fluff with a fork and let cool to room temperature.
4. Add remaining ingredients and mix thoroughly to combine.
5. Season to taste & serve