

QUINOA AND BASIL PESTO TABBOULEH



Serves 6



Prep Time 10 minutes



Cook Time 15 minutes



INGREDIENTS

- 1 cup quinoa
- 2 tomatoes, finely chopped
- 1 Lebanese cucumber, seeds removed, chopped
- 2 spring onions, sliced
- 1 ¼ cups chopped fresh parsley
- 1 handful mint leaves, chopped
- 135 g tub **Mediterranean Basil Pesto Chunky Dip**

METHOD

1. Prepare quinoa following the packet directions, set aside to cool.
2. Place cooled quinoa in a bowl with the tomatoes, cucumber, spring onions, parsley and mint.
3. Combine the **Mediterranean Basil Pesto Chunky Dip** with the lemon juice. Toss gently through the quinoa tabbouleh and season to taste. Pile onto a plate and garnish with pomegranate seeds if desired.

- ¼ cup lemon juice
- pomegranate seeds (optional)