



Mango & Chickpea Quinoa Salad

4 servings

15 minutes

Ingredients

- 1/3 cup Quinoa (uncooked)
- 2/3 cup Water
- 1/4 cup Corriander (chopped)
- 1/2 cup Chickpeas (cooked)
- 170 grams Tofu (extra firm, patted dry, cubed)
- 1/2 tsp Sea Salt
- 1 Lime (juiced)
- 1 Avocado (sliced)
- 1 Mango (sliced)

Nutrition

Amount per serving	
Calories	255
Fat	11g
Saturated	2g
Carbs	33g
Sugar	13g
Protein	10g
Cholesterol	0mg
Sodium	305mg

Directions

- 1 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork.
- 2 Once cooled, combine the quinoa with the remaining ingredients in a large bowl. Adjust salt as needed. Divide between bowls and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to four days.

Serving Size, Each serving equals approximately 1 1/2 cups of salad.

More Flavour, Add chilli powder or red pepper flakes.

Additional Toppings, Add in cucumber, corn, red onion and/or capsicum (additional calories will apply)