

WARM PARSLEY & BEET TABBOULEH

Ingredients:

1 med bunch of parsley, coarsely chopped
1½ cups Swiss chard leaves or spinach
2 large red onions, finely sliced
2 small raw beets, grated
½ cup quinoa
2 Tbsp olive oil
2 Tbsp balsamic vinegar
2 Tbsp lemon juice
Salt
Pepper



Instructions:

- Add quinoa to 1¼ cups water and bring to a boil. Simmer for 18 minutes, covered.
- Remove from heat and leave to stand for another 5 to 10 minutes to fluff. Do not remove the cover.
- Heat olive oil in a deep, wide saucepan. Add the onions and stir. Cook until tender (10 minutes).
- Add balsamic vinegar to the onions and allow to bubble. Remove from heat.
- Add the rest of the ingredients (except the Swiss chard/ spinach) to the saucepan, and mix.
- Serve the tabbouleh on a bed of Swiss chard and/ or spinach leaves.

Serves 4

Good to know

Quinoa (kee-no-ah) is a very nutritious grain, also know to be a source of complete protein. Its flavour is somewhat nutty, and it can be used in various dishes as a substitute for rice, or mixed in with salads.