**Hemsley and Hemsley- Quinoa Tabbouleh**

**Cooking Time:** 30 minutes
**Servings:** 2

The cool, sharp, sweet ingredients tick all the boxes.

**Ingredients**

FOR THE SALAD

60g quinoa - activated
4 medium tomatoes, diced into eighths
½ cucumber, slice lengthways, remove seeds and slice
2 large handfuls of leaves such as watercress, lambs lettuce, rocket
5 large handfuls of fresh, flat-leaf parsley, roughly chopped
1 small handful of fresh mint, roughly chopped
1 small handful of fresh dill, roughly chopped
1 large avocado
¼ tsp of ground allspice
2 tbsp of flaked almonds, toasted
The seeds of 1 pomegranate

FOR THE DRESSING

6 tbsp of extra virgin olive oil
2 tbsp of fresh lemon juice, lime juice or try apple cider vinegar
2 tsp of raw honey
1 garlic clove, crushed
Sea salt, to taste

Freshly ground black pepper, to taste

#### Method

1) Drain and rinse the quinoa well. Cook according to packet instructions, usually 15 minutes, then drain and set aside to cool (we steam in a little water rather than boil in plenty of water).

2) Meanwhile, dice the tomatoes and cucumber (remove the cucumber seeds by scraping down the middle with a spoon).

3) Whisk the dressing ingredients in a bowl with a fork or shake together in jam jar.

4) Make a bed of leaves on your serving plates or bowls.

5) Combine the warm quinoa, tomatoes, cucumber and herbs with the dressing (we like to use our hands here). Pile the tabbouleh onto the leaves and top with thick slices of avocado and pomegranate seeds.

6) Dry fry the flaked almonds and ground allspice together for a few minutes on a medium heat until toasted and scatter over the tabbouleh.

7) Serve warm or cold – it tastes even better the next day.

***The Hemsley + Hemsley sisters will be at the BBC Good Food Eat Well Show featured at BBC Good Food Show Summer in the City (ExCel, London) on Saturday 21st and Sunday 22nd May***