



# Quinoa tabbouleh



**Chef Juliana López (Argentina)**

Serves: **6**

## *Ingredients:*

300 g quinoa  
Parsley leaves  
Coriander (cilantro) leaves  
Mint leaves  
½ bunch spring onion  
500 g tomatoes  
2 lemons, juice  
1 cup olive oil  
Salt  
Pepper

## *Preparation:*

- Rinse the quinoa to remove the bitter taste and cook it in abundant salted water until well cooked.
- Cut the tomatoes and spring onion.
- Chop the parsley, mint and coriander.
- Mix all the ingredients.
- Season with lemon juice, olive oil, salt and pepper.



### *Tip:*

This recipe can be used with brown rice, couscous and any other cereal or legume.