

Serves 6

Ingredients

- 1 cup (250g) uncooked quinoa
- 1 Lebanese cucumber
- 1 red capsicum
- 2 tomatoes
- 4 spring onions
- 1 x 400g can of chickpeas, no added salt

Dressing

- 2 tablespoons extra-virgin olive oil
- Juice of 1 lemon
- ½ teaspoon cumin
- ½ teaspoon ground coriander
- ½ teaspoon ground ginger
- ¼ teaspoon paprika
- A pinch turmeric
- A pinch cinnamon

Method

1. Rise quinoa under running water and place in a saucepan with 2 cups of water. Bring to the boil.
2. Lower heat, cover & simmer until water is absorbed (about 15 minutes). Leave to cool slightly.
3. Chop cucumber, capsicum and tomatoes. Finely slice spring onion.
4. Drain chickpeas.
5. To make the dressing, combine olive oil, lemon juice and spices.
6. Add vegetables and chickpeas to the cooled quinoa. Pour over dressing and toss to coat well.



NUTRITION INFORMATION		
Servings per recipe: 6		
Average serving size: 220g		
	Per serve	Per 100g
Kilojoules (kJ)	1477	670
Protein (g)	12.8	5.8
Total fat (g)	12	5.4
- Saturated fat (g)	1.6	0.7
Carbohydrates (g)	45.7	20.7
- Sugars (g)	6.4	2.9
Fibre (g)	11.1	5.0
Sodium (mg)	15	7

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.