

HEALTHY WALDORF SALAD WITH QUINOA



QUICK

Less than 10 mins – apart from cooking the quinoa

HEALTHY

Both the celery and apple contain good levels of fibre which is important during Pesach to counteract the effects of the matzo!

FAMILY

Feeds 6 as a side dish

MEALS

Delicious served with the nut crusted salmon or the meatloaf

INGREDIENTS

- 3 stalks celery
- 2 apples
- 75g lettuce
- 75g walnuts – toasted
- 75g quinoa (weight uncooked)
- 1 pomegranate
- 1 lemon
- Large drizzle olive oil - approximately 40 ml
- Salt and pepper

METHOD

- 1) Cook your quinoa
- 2) Dry fry your walnuts till toasted
- 3) Put your leaves into a bowl
- 4) Chop the celery and apple and add to the leaves
- 5) Cover with the lemon juice to prevent browning
- 6) Add the pomegranate, walnuts, and quinoa (hold a few back to sprinkle on the top)
- 7) Add the olive oil
- 8) Add salt and pepper to taste
- 9) Mix
- 10) Sprinkle with the remaining pomegranate and walnuts - Serve

