

## Quinoa-Rice Vegetable Salad

Serves: 1

Prep time: 5 Minutes

Cooking time: 1 Minute

### Ingredients:

- 1 cup (90 Seconds) cooked Quinoa & Brown Rice
- ¼ cup frozen peas
- ¼ cup chopped beans
- 1 small tin (125g) corn kernels
- ¼ cup chopped carrot
- 1 cheek red capsicum, chopped
- 1 tablespoon chopped onion
- 1 shallot, sliced
- 6 cherry tomatoes, halved
- salt and pepper to taste

### Dressing

- 2 tablespoons extra virgin olive oil
- 1 small garlic clove, grated
- 1 teaspoon seeded mustard
- ½ teaspoon Dijon mustard
- 1 tablespoon lime juice

### Method:

- Cover the peas, beans and carrots with boiling water and let stand 1-2 minutes, drain and place into icy cold water to stop them cooking. Drain again
- Place all the salad ingredients into a large bowl and toss lightly to combine
- Mix all the dressing ingredients together and add to the salad mix, stir and season with salt and pepper
- **Serve and enjoy**



*This salad is healthy, tasty, vibrant and so quick to make*