



## Rudolph's Red Quinoa Salad

Serves 4

GF



### Ingredients:

- 2 cups Lotus Organic Red Quinoa
- 1 pomegranate
- 1 cup Real Good Food Organic Berry Power Pack or Berry High Protein Mix
- 1 red lettuce\* - raddichio, oak leaf or red fancy
- ½ cup fresh mint leaves or 1 tablespoon dry mint
- ¼ cup Lotus Organic Apple Cider Vinegar
- ½ cup Bragg Organic Olive Oil
- 1 tablespoon Global Organics Dijon or Wholegrain Mustard
- Lotus Fine Sea Salt and pepper to season

### Method:

This salad is high in protein from the ancient grain quinoa, plus it is high in antioxidants and rich in festive flavours. The berries make it ideal for serving with roast turkey or with smoked tofu.

Cook the Lotus quinoa to pack directions and set aside to cool. De-seed the pomegranate and combine with the quinoa and berry mix. This can be kept in the fridge until ready to serve for up to 2 days.

Wash the lettuce and cut or tear into bite size pieces, arrange on a large platter and scatter over the quinoa mix.

Chop the mint then mix with the vinegar, oil, mustard and seasoning. Drizzle over the salad just before serving.

There are many varieties of red lettuces, raddichio lettuce will give you a lovely crisp salad with a bitter tang, oak leaf or fancy red will yield a softer more buttery salad.