

VEGETARIAN

QUINOA, AVOCADO AND DRIED APRICOTS SALAD

Ingredients (For 4 people)

- 200 quinoa
- 150 g rocket salad
- 2 avocados
- 8 dried apricots
- 30 g hazelnuts
- 4 small onions
- 3 tbsp olive oil
- 1 tbsp Balsamic vinegar
- 2 tbsp lime juice
- Salt, pepper

Preparation:

Boil the quinoa in a cooking pot with 3 times its volume of water for about 20 minutes. Drain and set aside.

Peel the avocado, cut in slices and coat with lime juice.

Cut the dried apricots into pieces.

Chop the nuts and roast them for a few seconds in a frying pan.

Cut the onions into slices.

Prepare the sauce in a salad bowl by combining the olive oil, the Balsamic vinegar, the lime juice, the salt and the pepper.

Toss all the ingredients in the salad bowl and sprinkle the salad with nuts.

