

QUINOA AND BEETROOT SALAD



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
395 kcal
21g Fats
38g Carbs
16g Protein



WHAT YOU NEED

- 2 cups (370g) cooked quinoa
- 7 oz. (200g) feta cheese, cubed
- 2 medium beets, cooked, cubed
- 1 cup (165g) chickpeas, drained
- 1 lemon, zest and juice
- * 2 *tblsp.* olive oil
- * *salt and pepper*

WHAT YOU NEED TO DO

Combine the cooked quinoa, feta cheese, beetroot and chickpeas in a medium sized bowl. Drizzle with olive oil, lemon juice and add in the finely grated lemon zest.

Season to taste with salt and pepper and mix well to combine. Divide between 4 plates and serve immediately.