



BROCCOLI, QUINOA AND ALMOND SALAD

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 60g dried quinoa/ 170g cooked quinoa
- 200g broccoli, cut into small florets
- 3 large stalks of kale, finely chopped
- 150g edamame beans
- 60g almonds, chopped

Dressing

- 2 tablespoon almond butter
- 1 teaspoon rice vinegar
- 1 teaspoon tamari
- 1 teaspoon maple syrup
- 1 teaspoon sesame oil
- 1 tablespoon water

PREP TIME

- 30 minutes

METHOD

- If using dried quinoa, cook according to packet instructions.
- Bring a pan of water up to boiling and add the edamame beans.
- Put the broccoli in a steaming basket and place on top of the edamame beans to lightly steam.
- When the edamame beans are cooked add to a salad bowl.
- Add the cooked quinoa and chopped kale.
- For the dressing whisk all the ingredients together and loosen with water. You might need to add a little more water to get a runny consistency.
- Add the dressing to the salad and mix everything together.
- Top with the chopped almonds and serve.