



# HIGH PROTEIN LENTIL AND QUINOA SALAD

*A healthy recipe by THE HEALTH BOOST*

## INGREDIENTS

- 80g frozen shelled edamame beans
- 90g cooked quinoa
- 100g cooked black beans
- 75g kale, shredded
- 1/4 red pepper, cubed
- 1 tablespoon sunflower seeds

## METHOD

- Cook the edamame beans according to the packet instructions.
- Add the quinoa, black lentils, kale and red pepper to a bowl.
- When cooked add the edamame beans.
- Add a dressing of choice from our selection. Or use a simple vinaigrette.
- Add the sunflower seeds and serve.

## PREP TIME

- 15 minutes

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