



RED CABBAGE, BEETROOT AND QUINOA SALAD

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Serves 3

1/4 red cabbage

2 large handfuls of salad
leaves

1 beetroot, raw and grated

250g cooked quinoa

200g endamame beans

1 avocado

Tahini ginger dressing

3 tablespoons of tahini

1 tablespoon maple syrup

1 tablespoon toasted sesame
oil

1 tablespoon grated ginger
juice of 1 lime

METHOD

1. Cook the edamame beans and quinoa according to the packet instructions. For ease you could use a ready cooked pouch of quinoa. I keep a packet of edamame beans in the freezer.
2. Thinly slice the red cabbage. I use a food processor to make light work of this and ensure thin slices.
3. Grate the beetroot. Again this can be done in a food processor or else a box grater.
4. Add the beetroot, cabbage and salad leaves to a large salad bowl.
5. Slice the avocado and add to the salad bowl.
6. Add the cooked quinoa and edamame beans to the salad bowl.
7. Combine all the dressing ingredients in a bowl and whisk to combine.
8. Add the dressing to the salad and stir to mix.

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