

## Ingredients

Serves 8-10

4 cups quinoa, cooked
3 x 280g jars artichoke, drained and roughly chopped
3 x 400g tins cooked beans (e.g. 4 bean mix, borlotti beans or cannellini beans)
2 cups pitted olives, black or green
8 spring onions, sliced
450g salad leaves (e.g. baby spinach or rocket leaves)
2 tbs horseradish cream
2 cloves garlic, crushed
4 tbs red wine vinegar
½ cup olive oil
Salt and pepper, to taste



## Method

1. In a large bowl, place cooked quinoa, artichokes, beans, olives, spring onion and salad leaves.
2. In a separate bowl, combine horseradish cream, garlic, red wine vinegar and olive oil. Season with salt and pepper.
3. Pour dressing over salad and toss to combine. Make sure dressing is distributed evenly throughout the quinoa.

## Nutrition, hints and tips

- Quinoa is a low GI wholegrain that is rich in protein, making it a good alternative to rice or pasta.
- The mixed beans add protein, fibre and iron to the recipe.
- Tinned beans are a quick and cost-effective protein alternative. It is usually best to drain and rinse lightly in water before using, as this decreases the 'gas producing' effect once digested.
- Cook quinoa as you would rice, using 1 cup of dry quinoa to 2 cups water. You can tell when it is cooked when the outer ring (the bran) begins to separate, and the centre becomes slightly translucent.
- This recipe could be served in smaller portions as a side-salad or in a larger serve as a light meal.
- Adapt by including other chopped vegetables such as mushrooms, capsicum, corn or green beans.