



# Quinoa salad with beetroot and walnuts

Prep: 15 minutes • Cook: 20 minutes • Serves: 2



## Ingredients

80g quinoa, cooked as per instructions  
2 medium-sized beetroots (100g each),  
cooked, peeled and cubed  
¼ cucumber (100g) cubed  
80g rocket leaves  
50g ricotta cheese  
30g walnuts, lightly toasted and roughly  
chopped

## For dressing

1 tablespoon olive oil  
1 clove garlic, minced  
2 teaspoons lemon juice  
1 teaspoon white wine vinegar  
2 tablespoons fresh coriander or parsley,  
chopped  
Black pepper to taste

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Low protein ✗  
Low salt ✓  
Low fat ✓

Cost per portion (January 2023) **£2.52**

Carbohydrate **31.5g**

Energy in kcal **380**

- 1 Cook quinoa as per instructions and put into serving bowls
- 2 Top with beetroot, cucumber, rocket and ricotta cheese.
- 3 Combine all the ingredients for the dressing in a separate bowl and mix well.
- 4 Finish by drizzling over the prepared dressing on the quinoa salad. Sprinkle walnuts on top.