

Quinoa salad with pulses and yoghurt dip



Ingredients

1 kg Ardo Quinoa
1 kg Ardo Cauli Power Mix
300 g Ardo Chickpeas
300 g Ardo Edamame soybeans
200 g Ardo Red kidney beans
200 g Ardo Black beans
50 g Ardo Spring onions
10 g Ardo Mint
10 g Ardo Coriander
10 g Ardo Garlic cubes
500 g Greek yoghurt
100 g Garden cress
Sumac
Salt and pepper

Preparation

1. Stir-fry the quinoa and Cauli Power Mix in a dash of olive oil, season with salt and pepper. Allow to cool.
2. Steam the pulses briefly in the steamer and immediately rinse them in cold water.
3. Combine everything into a colourful salad and season with salt, pepper and a generous dash of olive oil
4. Mix the Greek yoghurt with the garden herbs and garlic, and season with salt and pepper.
5. Spoon it onto the salad as a dressing and garnish with the cress and sumac.

Allergens

Lactose



We preserve nature's gifts