



## FRUITY QUINOA SALAD WITH CALIFORNIA PRUNES

by Peter Sidwell

### Headline/Intro

**Prep Time:** 10 minutes  
**Cook Time:** 10 minutes  
**Makes/Serves:** 6  
**Ingredients:** 100g quinoa  
150ml water  
1 red onion  
1 apple  
1 red chilli  
1/2 lemon  
3 spring onions  
400g cooked lentils  
400g chickpeas  
1/2 pomegranate  
150g California Prunes  
olive oil  
100g mixed seeds  
fresh mint



### Here's How:

1. Add the quinoa to a saucepan with the water. Bring the water to the boil, and cook until the grains are tender.
2. Thinly slice the red onion, apple and chilli, squeeze the juice of 1/2 lemon over the top, then add the ingredients to a bowl.
3. Thinly slice the spring onions and add to the bowl, along with the lentils, chick peas and pomegranate seeds.
4. Chop the California Prunes and add to the salad.
5. Heat a glug of olive oil in a frying pan and add the mixed seeds. Cook until they crackle, then add to the salad.
6. Add the cooked quinoa to the bowl.
7. Stir all the ingredients together until well mixed.
8. Finish with a drizzle of olive oil, salt, pepper and fresh mint leave, then serve and enjoy!

**Link to Website:** [www.californiaprunes.net/recipes/fruity-quinoa-salad](http://www.californiaprunes.net/recipes/fruity-quinoa-salad)