



NATURE'S MULTIVITAMIN



4 servings



15 minutes

INGREDIENTS

2 tablespoons pumpkin seeds
½ cucumber
1 red (bell) pepper, cored, deseeded and diced
2 tablespoons capers
½ red onion, finely diced 80g (2¾oz)
pomegranate seeds
Handful of mint leaves
Handful of parsley leaves
400g (14oz) can of chickpeas, drained and rinsed
250g (9oz) cooked quinoa
100g (3½oz) feta cheese
Salt and pepper
For the dressing
1 heaped teaspoon Dijon mustard
1 tablespoon extra virgin olive oil
Juice of 1 lemon
1 heaped teaspoon honey

DIRECTIONS

1. In a dry frying pan over a medium heat, lightly toast the pumpkin seeds for a few minutes, then season with salt, tip onto a plate and set to one side.
2. Dice the cucumber, removing the seeds (this prevents the salad from going soggy).
3. In a large mixing bowl, combine the cucumber, red pepper, capers, red onion, pomegranate seeds, mint, parsley and chickpeas.
4. Fold in the cooked quinoa, crumble in the feta and sprinkle in the toasted pumpkin seeds.
5. In a small bowl, whisk together the Dijon mustard, olive oil, lemon juice and honey until well combined, seasoning with salt and pepper.
6. Drizzle the dressing over the salad, tossing gently to coat all the ingredients evenly.
7. Serve immediately, or refrigerate for later.

Under 300kcal, 9g protein per serving