
Rocket Quinoa Salad

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

Salad:

1/2 a cup cooked quinoa

1 cup rocket leaves

1/4 cup sun-dried tomatoes, sliced

1/4 cup artichoke in oil, sliced

1 avocado, cubed

2 tablespoons toasted pine nuts

2 tablespoons hemp seeds (optional)

2 tablespoons sauerkraut (optional)

Dressing:

2 T lemon juice

2 T Olive Oil

1 tsp mustard

1/4 tsp salt

2 cloves garlic, minced

Pinch chili flakes

Instructions:

Mix all the ingredients for the dressing together and set aside. Dressing is enough to make two bowls of salad.

Mix the proportions you prefer of the salad ingredients, mix in the dressing and sprinkle with the pine nuts, and hemp seeds if using. The addition of sauerkraut adds flavor and a good dose of probiotics.

Enjoy!