



## RECIPE

### MINT AND CUCUMBER QUINOA SALAD

- Vegan, Gluten-free

Yield: 2 as main; 4 as side dish

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 20 minutes



#### INGREDIENTS

1 cup Quinoa  
2 cups water  
Salt, to taste  
Pinch pepper  
1 large cucumber  
3 sprigs mint  
1 small Onion  
2 Tbsp apple cider vinegar

#### DIRECTIONS

1. Cook Quinoa; Boil in water and simmer for 15 minutes, until all water is absorbed
2. Whilst Quinoa cooks; chop cucumber, mint and onion
3. Mix in a bowl
4. Add Vinegar and seasoning

#### NOTES

Quinoa is extremely versatile and works with any vegetable and flavour combination