Quinoa, Pomegranate & Mint Salad

Recipe Card

How difficult is it?

Free From Fourteen Vegan™ liked by AllergyUK
Quinoa, Pomegranate & Mint Salad

This colourful, fresh dish can be eaten as a meal rather than a snack. It is a great thing to take to work, gym, or on a day trip as lunch. It should be fine without refrigeration for a day and if you want some extra natural preservative squeeze some lemon juice over it. - Oli Weatherall, Free From Fourteen Vegan

**Instructions**

1. Rinse the quinoa well, then put it and the vegetable stock into a medium saucepan. Bring to a boil. Place a lid on the saucepan, reduce the heat to low, and simmer until the quinoa is tender, this takes around 15 minutes - keep an eye towards the end, you may need to stir it to prevent sticking. Strain the quinoa and then return it to the saucepan off the heat for 15 minutes.

2. Finely chop the pepper, tomatoes, spring onions, mint and throw them into a large mixing bowl. Add the black pepper, pomegranate seeds and sunflower seeds - mix everything together.

3. When the quinoa is ready, use a fork to fluff it up and remove any lumps. Then add it into the bowl and stir until everything is mixed well. Optional – serve with lemon wedges.

**Ingredients**

- 1 part quinoa to 2 parts allergy-free vegetable stock – I measured 200ml and 400ml respectively in a measuring jug
- 1 orange bell pepper
- Some cherry tomatoes
- 1 or 2 spring onions
- Handful of fresh mint leaves
- Multiple turns of black pepper
- 80 g pomegranate seeds - use the juice as well
- 2 tbsp sunflower seeds
- Optional - lemon wedges to serve