

NO-COOK LEMONY QUINOA SALAD

Servings: 2-4 | Prep Time: 5 minutes | Ingredients: 9

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- 3 pre-cooked containers of quinoa
- half an English cucumber or 3 or so smaller pickling or Persian cucumbers
- 2 scallions
- juice of 2-3 lemons depending on how juicy they are
- 1 can garbanzo beans
- 1 bunch of flat leaf parsley
- 1 bunch of mint
- big glug of olive oil
- salt
- pepper

Directions:

1. Throw your packs of quinoa into the serving bowl.
2. Dice the cucumber, chop the scallions and herbs, and toss them in.
3. Drain your chickpeas and pour them in, along with the lemon juice, salt, pepper, and a glug of olive oil.
4. Toss well to coat.
5. You can eat immediately or put it in the fridge for 30 min first - the flavors become even brighter and better this way.

Note: This isn't a salad that you can leave in the fridge for more than one or two days. The cucumber will start to soften. So eat it all up! Alternatively, halve the recipe to make a perfect lunch or dinner for one person. Would also keep perfectly in Tupperware as a not-sad desk lunch.

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