

Quinoa & Brown Lentil Salad with Lime & Avocado Dressing

Serves 4-6 people

Ingredients

Salad

- 2 cups cooked quinoa
- 2 cups cooked brown lentil
- ½ English cucumber, medium diced
- 2 bunches sliced green onions
- ½ cup toasted sunflower seeds
- 2 cups baby spinach roughly chopped
- 1/2 yellow bell pepper medium diced
- ½ cup carrot, shredded or thinly sliced with a mandolin

Dressing

- Juice & zest of 1 lime
- 1 avocado, seeded & skinned
- ½ cup coriander (cilantro leaves)
- 1 garlic clove
- ½ cup coconut milk
- Salt & pepper
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Preparation

- In a blender or food processor combine all dressing ingredients minus the coconut milk & seasonings
- Blend until creamy & uniform then slowly drizzle in coconut milk. Season with salt & pepper & set aside
- In a mixing bowl combine all salad ingredients minus sunflower seeds
- Drizzle in enough dressing to coat salad ingredients & lightly toss

- Place equal amounts of salad on each serving bowl & garnish sunflower seeds