

TANGY CARROT, BEET & QUINOA SALAD

Serves 3

INGREDIENTS

- 1 cup Quinoa
- 2 Carrots, grated
- 2 Beetroots, grated
- 1/4 cup Pistachios
- 2 cups Tuscan Kale
- 1 Tablespoon Almond Butter
- 4 Tablespoons Olive Oil
- Juice 1/2 Lime

METHOD:

Add the Quinoa to a saucepan and cover with 2 cups of water. Bring to the boil, and then reduce to a simmer cooking for approx 15 minutes before water is absorbed and quinoa is light and fluffy.

Peel the beetroot and carrots before grating. Set to the side.

Make the dressing by combining the almond butter, olive oil and lime.

Add the kale to a bowl, pour over the dressing and massage with your hands until soft. Now add in the grated vegetables, cooked quinoa and pistachios.

Season to taste, and serve!