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Quinoa Salad

You'll need:

1 cup uncooked quinoa
2 cups water
1 cup parsley, chopped
1 packet 'Sliced Garlic Tofu', finely sliced
1 red capsicum, chopped
1 cup corn kernels, drained
1 medium firm tomato, chopped
1 celery stick, diced
6 sundried tomatoes, sliced
1 Lebanese cucumber, chopped
½ cup lemon juice
4 tablespoons pine nuts

Here's what to do:

1. Place quinoa in pot with water and bring to boil. Cover pot and reduce to simmer until all water has been absorbed, about 15 minutes.

2. Place in fridge until cold.

3. Stir through remaining ingredients *except* pine nuts.

4. Chill.

5. Sprinkle pine nuts over the top just before serving.

Helpful hints

- Quinoa (pronounced *'keen-wah'*) can be purchased from health food shops.

- Sliced Garlic Tofu can be purchased at supermarkets and also comes in Chilli, Satay and Honey flavours.