

VEGETARIAN

QUINOA SALAD WITH AVOCADOS AND CHERRY TOMATOES

Ingredients (For 4 people)

- 3 tbsp olive oil
- 1 tbsp balsamic vinegar
- 2 tbsp lime juice
- 1 tbsp chia seeds
- Salt and pepper
- 500 g cooked quinoa
- 2 avocados
- 1 onion
- 200 g cherry tomatoes
- 60 g pecan nuts

Preparation:

For the dressing:

Combine all the ingredients.

Season.

For the salad:

Cook the quinoa in a large cooking pot with twice its volume of water.

Bring to a boil and then lower the heat, cook covered for approximately 20 minutes, and allow to cool.

Peel the avocado, cut it into strips, and sprinkle them with lemon juice

Slice the onions into rounds.

Cut the cherry tomatoes into pieces.

Crush the pecan nuts.

Combine all the ingredients in a salad bowl.

Toss the salad with the dressing and sprinkle with pecan nuts.

