

Quinoa Chickpea Salad Bowl



Daddy's been trying really hard to keep fit?

Thank him for all he does and spur him on further with this protein and fibre-loaded quinoa chickpea salad bowl.

Unlike a plain bowl of lettuce which may not be attractive enough for him as a dinner option, quinoa, said to be king amongst grains, is one rare wholegrain with complete protein. Best recommended for daddy-the king of the family!

Meanwhile, chickpeas (also known as garbanzos) are also rich in protein and fibre, both work really well and are essential nutrients for weight management.

The use of high oleic organic sunflower oil as salad dressing is purposeful to help safeguard Daddy's heart health, the presence of vitamin E is also great antioxidant and helps improve skin health and cell regeneration.

Key facts:

- Preparation: 1 hour 5 minutes
- Cooking: 1 hour 15 minutes
- Total time: 2 hour 20 minutes
- Serve: 4

Ingredients

- 1/2 cup dry Organic Chickpeas
- 1/2 pcs Organic Tomato
- 2 pcs Mini Cos lettuce (chopped)
- 5 pcs lime
- 1 tsp Himalayan Rock Salt
- 1 tsp Organic Black Pepper
- 2 tbsp Fresh Raw Honey
- 1/4 cup Organic Quinoa

Method:

1. Either soak chickpeas overnight in cool water (for 6-8 hours) or use the quick-soak method: add rinsed chickpeas to a large pot and cover with 2 inches water. Bring to a boil over high heat and boil for 1 minute. Then turn off heat, cover, and let soak for 1 hour. Then drain, rinse and add back to the pot.
2. To cook soaked chickpeas, add to a large pot and cover with 2 inches of water. Bring to a boil over high heat, then reduce heat to a simmer, add salt and stir, and cook uncovered for 40 minutes - 1 hour 20 minutes (depending on the size/freshness of your beans).
3. Sample a bean at the 40 minute mark to see how tender they are. You are looking for just tender beans with a tiny bit of bite, and the skins will start to show signs of peeling. Once cooked, drain beans and set aside, sprinkle with a bit more salt.
4. In the last 30 minutes of cooking the beans, start cooking quinoa by heating a medium saucepan over medium heat. Once hot, add oil and rinsed quinoa. Toast for 2-3 minutes, stirring frequently. This will allow some of the water to evaporate and add a nice toasty flavor.
5. Add water and increase heat to medium-high/high to bring to a boil. Once water boils, reduce heat to low (simmer), cover and cook for 18-22 minutes, or until the quinoa is tender and the

water has completely absorbed. Then remove from heat and loosely drape the pot with a towel or paper towel to continue absorbing any excess moisture.

6. Prepare dressing by adding cherry tomatoes, sea salt, honey and black pepper to a small mixing bowl and mix them together.
7. Lastly, steam mini cos lettuce. Add 1/2 inch water to a medium saucepan and bring to simmer over medium heat. Insert a steamer basket and the mini cos lettuce, cover. Steam for 1-2 minutes. Immediately remove the mini cos lettuce from the heat and transfer to a small dish for serving.
8. To serve, divide quinoa, chickpeas and mini cos lettuce between serving bowls and top with dressing. Add a splash of fresh lemon juice for more flavor and a bit of acidity (highly recommended).