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## QUINOA JAR SALA

Prep: 30mins + cooling – Makes 2 jars

100g quinoa  
½ tsp vegetable stock powder  
2 carrots  
½ cucumber  
a handful pomegranate seeds  
2 tbsp pistachios  
2 tbsp mint leaves, chopped

For the honey lime dressing:

Juice of 1 lime  
1 tbsp honey  
2 tsp Dijon mustard  
¼ tsp cumin powder  
a pinch of garlic powder  
60ml olive oil  
salt and pepper

Start by putting the quinoa into a saucepan with 300ml water and the vegetable stock powder. Cover and bring to the boil. Cook for 12-15 minutes until all the liquid has been absorbed. Leave to cool.

Peel and grate the carrots. Cut open the cucumber lengthwise, scrape out the seeds with a teaspoon and discard. Cut the cucumber into dice.

For the dressing, mix all the ingredients in a bowl until combined.

Divide the dressing between two 500ml mason jars, top each with cucumber cubes, quinoa and grated carrot. Finish with a sprinkle of pomegranate seeds, pistachos and mint leaves.

Keep the jar salads in the fridge until ready to eat. Pour the salad into a deep plate, mix so that the dressing is evenly distributed and enjoy.