**Kale Tabouli Salad**

**Makes approx 500g of salad**



**Ingredients:**

60g dry quinoa

125ml boiling water

Bunch of kale, sliced

1 small onion, diced finely

Juice of one lemon

Tablespoon olive oil

Handful chopped flat parsley

100g sundried tomatoes, chopped

Pinch of salt

**What to do:**

1. Cook quinoa according to the packet instructions
2. Heat some of the oil in a pan on a medium heat. Add the kale and salt, and sauté until the kale changes colour to a brighter shade of green
3. Transfer to a large bowl and leave to cool
4. Pour the lemon juice into a small bowl and tip in the onion. Leave to marinade a little
5. Combine the quinoa, parsley and tomatoes with the kale, mixing thoroughly
6. Add olive oil to the lemon juice and onion, then whisk up and pour into the kale and quinoa mix
7. Toss all of the ingredients together and serve immediately

**Tip:** If you want to prepare the tabouli ahead of time, don’t add the dressing until just before you’re ready to serve

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