

## KIMCHI AND QUINOA SALAD

SERVES 4 / PREPARE 20 MINS / COOK 15 MINS

### Ingredients

400 g cooked quinoa or 175 g dry weight quinoa  
 8 Chestnuts mushrooms, sliced  
 200 g Pink radishes, thinly sliced  
 2 handful Coriander leaves  
 300 g Kimchi  
 Sesame oil for drizzling  
 100 g Soft salad leaves  
 Olive and Sesame oil for dressing

### Instructions

Cook the quinoa. Rinse the quinoa under running cold water for a couple of minutes until the water comes through clear. Place the quinoa in a pan without water over a medium heat and dry, stirring every now and again. Then add water as per packet instructions. Let the quinoa boil for a minute or two, then simmer covered for another 10min or until cooked.

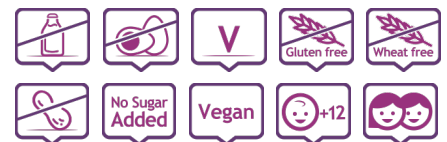
Put three quarters of the mushrooms and radishes into a mixing bowl and reserve the reminder. Add three-quarters of the coriander leaves, the quinoa and most of the kimchi to the bowl, drizzle with a good amount of sesame oil and mix well.

You shouldn't need any salt because of the kimchi, but check the seasoning anyway.

Put a handful of salad leaves in each of four large bowls and top with the quinoa salad. Arrange the remain mushrooms, radishes, kimchi, and coriander leaves on top.



### Nutrifacts



**Quinoa** is a seed rather than a grain. It is high in fibre to support a healthy gut and it contains complete protein (most plant sources do not) although at lower levels than most beans and pulses.

**Quinoa** is gluten-free so it is a great carbohydrate alternative to pasta or cous-cous for those with gluten sensitivities

**Radishes** are high in vitamin C to support collagen production and folic acid that is needed to produce red blood cells. Radishes are also high in the antioxidant sulforaphane that has been linked to reduced risk of certain cancers such as breast prostate.

**Kimchi** is a fermented food so it contains good amounts of probiotics – beneficial bacteria that can help keep your gut healthy. .