Quinoa salad with avocado pebre

Chef Carlo von Mühlenbrock (Chile)

Serves: 6

Ingredients:

For the salad
- 3 cups cooked quinoa (one each: black, red and white)
- ½ cup red onion, chopped
- ½ cup coriander (cilantro), chopped
- ½ cup red pepper, diced
- 1 cup avocado, diced
- 3 lemons (juice)
- 1 cup tomato, diced
- Olive oil
- Salt
- Green chilli
- Garlic

For decoration
- Lettuce leaves
- Parsley

Preparation:

- Squeeze the lemons and set aside the juice.
- In a bowl place the quinoa, red onion, pepper, avocado, tomato and green chilli.
- In another bowl combine the olive oil, salt, coriander, salt and lemon juice.
- Mix and serve with lettuce and chopped parsley

Tip:
While avocado has a high calorie content compared to most other fruits, it is a good source of monounsaturated fat.