

Quinoa Tabouli with Sheep Feta

- 1 bunch of parsley, finely chopped
- a handful of coriander, finely chopped
- 30 mint leaves, finely chopped
- 1 cup of cooked quinoa
- 3 green scallions, finely chopped
- 2 small garlic cloves, finely chopped
- 1/2 small red onion, finely chopped
- 1 c cubed sheep feta
- 2-3 tomatoes, seeded and diced
- 1 English cucumber, seeded and diced

Dressing

- 1 lemon, juiced
- 2 T olive oil
- 2 T seasoned rice vinegar
- salt and pepper

Drop garlic, scallions and onion into the food processor, chopping them up small, then removing them to a large mixing bowl.

Add parsley, coriander and mint to the processor bowl and chop fine.

In a large bowl, add the dressing ingredients to the quinoa and vegetables and allow some time for all the flavours to blend.

Jittery Cook