

Quinoa, cabbage and haloumi salad

<p>Ingredients</p> <ul style="list-style-type: none">• 1 cup Quinoa• 1 tsp Olive Oil• 180 g Haloumi, diced• 2 cups White Cabbage, finely shredded• 2 cups Red Cabbage, finely shredded• 400 g can Cannellini Beans, rinsed, drained• 2 Celery Stalks, trimmed, diced• 1/4 cup Parsley, chopped <p>Lemon Dressing</p> <p>1/4 cup Extra Virgin Olive Oil 2 tbsp Lemon Juice 1 tsp Dijon Mustard</p>	<p>Equipment</p> <ul style="list-style-type: none">• knives• chopping boards• baking dish• measuring cups & spoons• baking paper
<p>What to do</p> <ol style="list-style-type: none">1. Rinse quinoa under cold running water. Place in a saucepan with 1 $\frac{1}{2}$ cups of water. Set aside for 5 mins, to soak. Bring to boil on high heat. Reduce heat to low. Cover and simmer for 12-15 mins, until water has absorbed and quinoa is tender. Remove from heat, fluff up with a fork and set aside to cool slightly.2. Heat olive oil in a frying pan on medium. Cook haloumi, turning, for 2-3 mins, until, crisp and golden. Drain on paper towel.3. Place cabbage, cannellini beans, celery, parsley and haloumi in a large bowl. Add quinoa and toss to combine. To make the dressing, whisk together oil, lemon juice and mustard. Pour over quinoa salad and stir to combine. Spoon into bowls.	