



BEETROOT ROCCA SALAD WITH QUINOA

Nutrition Facts Per Serving: Calories 443, Protein 9g, Carbs 30g, Fat 35g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 5 min, **Cooking Time:** 12 min



INGREDIENTS

Organic Beetroot

Rocca Leaves

Green Onion

Walnuts

Quinoa

Dressing

METHOD

1. In a saucepan combine quinoa with equal volume of hot water, bring to boil over high heat, reduce heat to minimum, cover and cook for 10-15 minutes until all liquid is absorbed and quinoa is puffed and cooked through but not too mushy.
2. Remove from heat and keep covered for at least 2 minutes. Fluff with a fork and turn to a large bowl or plate. Cook to room temperature.
3. Add all ingredients to a salad bowl, shake dressing bottle well to homogenize then add half the dressing and toss to combine.

Note: The entire amount of dressing provided will give the designed taste profile, however, if preferred, add gradually to taste.

BON APPETIT