



Quinoa, Hazelnut and Pear Salad

Don't you love dishes that are super easy? Cook the quinoa ahead of time, stick it in the fridge, and assemble just before serving. Fruit is such a great addition to any salad and pears are the perfect compliment to chewy quinoa, and rich toasted hazelnuts.

Ingredients

- 1 cup quinoa (I used a mix of white, red and black)
- 4 large handfuls of mixed salad leaves
- 2 firm pears
- 3 handfuls of toasted hazelnuts
- 1/4 teaspoon lemon zest
- 3 tablespoons lemon juice

3 tablespoons extra virgin olive oil
pinch of dried garlic, salt and pepper

Instructions

Cook the quinoa as per the packet instructions and set aside to cool completely.

Add the cooled quinoa to a large bowl.

Wash and dry the salad leaves and add to the bowl.

Thinly slice the pears and add to the bowl along with the roughly chopped hazel nuts.

Add the lemon zest, lemon juice, olive oil, garlic, salt and pepper and gently stir until well combined.