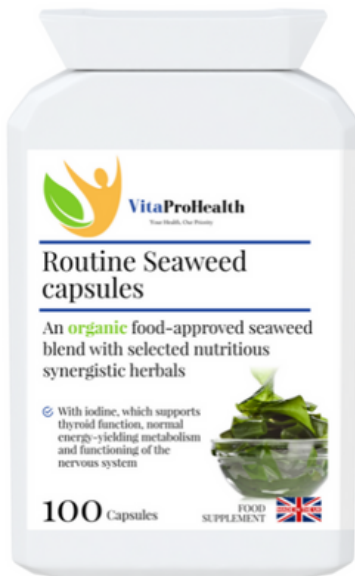


INGREDIENTS:

150g Quinoa
3 tbsp. Balsamic Vinegar
2 tbsp. extra Virgin Olive Oil
200g Cavolo Nero, Shredded
1 red Onion, finely chopped
1 Green Pepper
30g Raisins
2 small avocados, chopped
40g Feta (or Vegetarian or Vegan substitutes)

ROUTINE SEAWEED CAPSULES:

Take Our Routine Seaweed Capsules alongside our Salads and other recipes to ensure you are getting all the Vitamins and Minerals your body needs!



How To Use:

1 or 2 capsules to be taken 1 to 3 times per day



HOW TO PREPARE:

STEP 1:

Rinse the quinoa in a sieve under running water until the water runs clear, then cook for 20 mins following pack instructions. Leave to rest for 5 mins. Rinse again and drain well by pressing in the sieve.

STEP 2:

Meanwhile, put the vinegar and oil in a large bowl, add the cavolo nero and massage in the dressing with your hands to soften it.

STEP 3:

Add the quinoa, onion, pepper and raisins, then toss well. Spoon half onto plates, scatter over 1 chopped avocado, crumble in half the feta and toss. The remainder will keep chilled for up to three days. Top with the remaining avocado and feta, then serve.