





## White Bean, Spinach & Tomato Salad

2 servings

10 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Red Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups White Navy Beans (cooked, drained and rinsed)
- 4 cups Baby Spinach (chopped)
- 1 Tomato (medium, diced)
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat olive oil in a large pan over medium heat. Add onion and garlic and saute for 1 to 2 minutes.
- 2 Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

### Notes

**No White Beans:** Use chickpeas or lentils instead.

**Extra Flavour:** Add avocado, lemon juice and/or feta cheese.

**Leftovers:** Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.



## Mango & Chickpea Quinoa Salad

4 servings  
15 minutes

### Ingredients

- 1/3 cup Quinoa (uncooked)
- 2/3 cup Water
- 1/4 tsp Coriander (chopped)
- 1/2 cup Chickpeas (cooked)
- 170 grams Tofu (extra firm, patted dry, cubed)
- 1/2 tsp Sea Salt
- 1 Lime (juiced)
- 1 Avocado (sliced)
- 1 Mango (sliced)

### Directions

- 1 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork.
- 2 Once cooled, combine the quinoa with the remaining ingredients in a large bowl. Adjust salt as needed. Divide between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** Each serving equals approximately 1 1/2 cups of salad.

**More Flavor:** Add chilli powder or red pepper flakes.

**Additional Toppings:** Add in cucumber, corn, red onion and/or green capsicum



## Quinoa Greek Salad

4 servings  
45 minutes

### Ingredients

- 1 cup Quinoa (dry)
- 2 Tomato (large, diced)
- 1 Cucumber (diced)
- 1/2 cup Red Onion (diced)
- 1 cup Feta Cheese (cubed or crumbled)
- 1/4 cup Red Wine Vinegar
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 4 cups Rocket

### Directions

- 1 Cook the quinoa according to the directions on the package. Once the quinoa is cooked, fluff it with a fork and place it in the fridge for about 20 minutes, stirring occasionally to help it cool down faster.
- 2 While the quinoa is cooling, chop your vegetables and feta. Add everything to a large bowl or container. Add the cooled quinoa, red wine vinegar, olive oil, and season with sea salt and black pepper. This mixture can marinate in the fridge for up to 3 days.
- 3 Before serving, add the rocket and toss well. Enjoy!

### Notes

**Dairy-Free:** Replace feta cheese with kalamata olives.

**Low-Carb:** Use cauliflower rice instead of quinoa.

**Leftovers:** Keeps well in the fridge for 3 days.

**Don't have rocket:** Swap the rocket for baby spinach



## Mango Avocado Chicken Salad

4 servings  
55 minutes

### Ingredients

240 grams Chicken Breast (boneless, skinless)  
1 Avocado (large)  
2 tbsps Lemon Juice  
2 tbsps Extra Virgin Olive Oil  
1/4 tsp Sea Salt  
1 Red Capsicum (small, finely chopped)  
1/4 Cucumber (deseeded and finely chopped)  
4 stalks Green Onion (sliced)  
1/2 Mango (finely chopped)  
4 cups Baby Spinach

### Directions

- 1 Bring a pot of water to a boil. Reduce to a gentle simmer, add the chicken and cover. Let it simmer until the chicken is cooked through, about 15 to 20 minutes. Remove the chicken from the pot and cut it into small cubes. Let it cool completely.
- 2 While the chicken cools, in a large mixing bowl, mash the avocado until only a few small chunks remain. Stir in the lemon juice, olive oil and salt.
- 3 Fold the red pepper, cucumber, green onion, mango and chicken into the avocado mixture until well combined. Season with additional salt or lemon juice if needed.
- 4 Divide spinach onto plates and top with chicken salad. Enjoy!

### Notes

**Leftovers:** Keep refrigerated in an airtight container for up to two days.

**Meal Prep Option:** Cook the chicken ahead of time or use leftover cooked chicken from another meal. Mash the avocado and assemble just before serving to prevent the salad from turning brown.

**More Flavor:** Add minced garlic, fresh parsley, coriander, black pepper or sunflower seeds.

**Make it Vegan:** Use chickpeas instead of chicken.



## Grilled Corn, Nectarine & Quinoa Salad

4 servings  
30 minutes

### Ingredients

1/2 cup Quinoa (uncooked)  
1 cup Water  
2 ears Corn On The Cob (grilled or steamed and kernels removed)  
2 Nectarine (pitted and cubed)  
1/2 cup Red Onion (finely sliced)  
1/2 Cucumber (diced)  
1/2 cup Coriander (chopped)  
1/2 cup Mint Leaves (chopped)  
1/2 Lemon (juiced)  
2 Garlic (cloves, minced)  
2 tbsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside to cool.
- 2 Combine grilled corn, nectarine, red onion, cucumber, coriander and mint in a large bowl. Add quinoa once cooled.
- 3 Prepare dressing by combining lemon juice, garlic, olive oil, sea salt and pepper.
- 4 Drizzle salad with desired amount of dressing and serve. Enjoy!

### Notes

**Meat Lover:** Grill up some chicken breast or grass-fed steak with your corn to serve alongside the salad.

**No Nectarines:** Used sliced peaches or plums instead.

**Short on Time:** Replace 1 ear of corn with about 1 cup of frozen or canned corn.