

MEXICAN INSPIRED TABOULEH

This recipe is a great addition to your salad for a different flavour profile from the standard tabouleh.

**Mexican Quinoa Ingredients:**

* 1 cup rinsed quinoa
* 2 cups of filtered water
* ½ tin tomato paste
* 1 Tbs. chili powder
* 1 Tbs. cumin powder
* 1 Tbs. dried oregano

**Method**

1. Rinse the quinoa and add it to a medium sized pot.
2. Add the 2cups of water and the tomato paste. Stir to dissolve the tomato paste.
3. Add the chili, cumin and oregano directly to the pot and stir.
4. Bring to a boil, cover with a lid and reduce heat to minimum. Cook for 20 minutes and no peaking.
5. After 20 minutes, remove from heat and let cool with or without lid.

**Mexican Tabouleh Ingredients:**

* Cooked and cooled quinoa
* 1 can of black beans, rinsed
* ¼ red onion, diced
* 1 tomato, deseeded and diced
* 1 jalapeño, diced finely
* ½ cup fresh cilantro, chopped
* Juice of 2 limes

**Method**

1. In a large bowl (with lid), combine the quinoa, beans, red onion, tomato, jalapeño fresh cilantro and lime juice.
2. Mix until thoroughly combined. Cover with a lid and store in the fridge. This keeps for about a week.