

CURRIED QUINOA TABOULEH

This recipe is a great addition to your salad for a different flavour profile from the standard tabouleh. I like to pair this with the Compliant Golden Yum Dressing or Compliant Delicious Dressing for a unique flavor on my salad. You can substitute rice for quinoa for a side dish or with steamed vegetables.

**Curried Quinoa Ingredients:**

* 1 cup rinsed quinoa
* 2 cups of filtered water
* 2 tsps. raisins or 1 date
* 2 tsps. curry powder
* 1 tsp. sumac\* or your favorite no salt seasoning
* 1 tsp. turmeric
* 8 turns of Black Pepper
* ¼ tsp. each: cayenne flakes, cumin and dried coriander
* ⅛ tsp. cinnamon and ground cloves

**Method**

1. Add 1 cup of water and raisins or date to a blender. Let soak if possible then blend and set aside.
2. Rinse the quinoa and add it to a medium sized pot.
3. Add raisin slurry to the pot and the 2nd cup of water.
4. Add all the spices and herbs directly to the pot and stir.
5. Bring to a boil, cover with a lid and reduce heat to minimum. Cook for 20 minutes and no peaking.
6. After 20 minutes, remove from heat and let cool with or without lid.

**Curried Tabouleh Ingredients:**

* Cooked and Cooled Quinoa
* 1 can of chickpeas, rinsed
* ¼ red onion, diced
* 1 tomato, deseeded and diced
* ½ cup fresh cilantro, chopped
* Juice of 2 lemons

**Method**

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

Note\*: You can buy sumac online or in some health food stores. It is a red powder and has sort of a lemony taste. It works well as a salt substitute in some dishes. If you can’t find it you can omit it from the recipe.