

# Kale, Quinoa & Blueberry Salad



## What you need

### ***For the salad:***

- 1 cup (170g) quinoa
- 1 large bunch kale, stems removed, leaves chopped (approx. 6 cups/400g)
- 15 oz. (400g) can chickpeas, drained
- 1 cup (190g) blueberries
- 4 oz. (115g) goats cheese, crumbled
- ½ cup (150g) almonds, chopped
- 1 avocado, flesh cubed

### ***For the dressing:***

- 4 tbsp. olive oil
- 4 tbsp. lemon juice
- 2 tbsp. honey
- 1 ½ tsp. Dijon mustard
- salt & pepper

## What you need to do

1. Cook the quinoa according to instructions on packaging. Once cooked set aside to cool.
2. Place the torn kale leaves in a salad bowl.
3. In the meantime, make the dressing by whisking together all the dressing ingredients, season to taste with salt and pepper, and drizzle over the kale. Mix the dressing through the kale leaves to coat.
4. Once quinoa has cooled, add it to the bowl with the kale, along with the chickpeas, blueberries, goats cheese, almonds, and avocado. Give it a gentle mix and serve.



Serves: 4  
Prep: 20 mins  
Cook: 15 mins

