



QUINOA BROCCOLI SALAD WITH PISTACHIOS

Serves 2 – Prep: 45min - Easy

100g quinoa
230ml water
1 tsp of powdered vegetable stock
a pinch of salt

400g broccoli
4 tbsp olive oil
3 garlic cloves
¼ tsp chili flakes
½ tsp salt

150g yoghurt
1 lemon
pepper
40g pistachios, shelled
2 tbsp capers

1. Preheat the oven to 180°C fan.
2. Put the quinoa into a fine sieve and rinse under a running tap. Put in a saucepan with the water, the vegetable stock and salt. Bring to boil, then reduce heat, cover and cook for 12 minutes. After 12 minutes, remove the lid and continue to cook the quinoa for 3-5 minutes, until the liquid is absorbed. Set aside.
3. While cooking the quinoa, put the broccoli on a baking tray and drizzle with 2 tbsp of olive oil,. Scatter the unpeeled garlic cloves over the broccoli, sprinkle with chili flakes and ¼ tsp salt. Toss and bake for 30 minutes, removing the garlic after 15 minutes.
4. Peel the baked garlic cloves and mash in a pestle and mortar (alternatively, crush it). Mix the garlic with the yogurt, ¼ tsp salt, pepper and 1 tsp of lemon juice.
5. Toast the pistachios in a dry frying pan, then roughly chop.
6. After 30 minutes, check that the broccoli is soft. Transfer into a serving bowl, add the quinoa with 2 tbsp of olive oil, a bit of lemon juice, pistachios and capers. Mix everything and season with salt and pepper to taste.
7. Dress the broccoli salad on serving plates and serve with a generous dollop of garlic yoghurt. This salad can be eaten warm or cold.