



Fennel and Quinoa Salad with Pomegranate

Ingredients for Two

- 1 cup Quinoa
- 1 Pomegranate
- 1 fennel bulbs
- 1/2 tsp cumin powder
- 1 tsp sugar
- 1 lemon
- ½ red chilli
- 1 Tbsp. coriander chopped
- 1 Tbsp. Mint chopped

Method

1. Discard tops of Fennel and discard any bruised pieces. Slice in half and cut in to wedges.
2. Sauté the fennel in olive oil, salt, pepper and cumin till tender and lightly golden add a little water and cook in the oven for 10-15mins to make tender, cool.
3. Rinse the Quinoa under cold water in a fine sieve.
4. Cook the Quinoa in the stock for 15-20 mins until the liquid is absorbed. remove from stove top and leave uncovered to cool.
5. In a bowl place the Pomegranate seeds, olive oil, lemon juice, sugar, coriander, mint, chilli and mix together. Add the Quinoa, Fennel and season with salt and pepper.
6. Serve with a sprinkling of more Pomegranate seeds.