



**RAINBOW QUINOA SALAD  
WITH GRILLED TURKEY**

# RAINBOW QUINOA SALAD WITH GRILLED TURKEY



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
498 kcal  
22g Fats  
38g Carbs  
37g Protein



## WHAT YOU NEED

- 1 cup (185g) cooked quinoa
- 1 tbsp. coconut oil
- 8.1 oz. (230g) turkey fillet
- 1 small carrot, grated
- ½ cup (50g) red cabbage, shredded
- ⅔ cup (50g) edamame beans, frozen
- 1 tbsp. honey
- 1 tbsp. soy sauce
- 1 tbsp. sesame oil
- handful sprouting alfalfa (or similar)
- 1 tbsp. sesame seeds

## WHAT YOU NEED TO DO

*Cook the quinoa according to the instructions on the package. Allow to cool to lukewarm.*

*In the meanwhile, season the turkey fillets with salt and pepper. Heat the coconut oil in pan and cook the turkey for about 8 minutes turning regularly. Once cooked, cut into strips.*

*Mix the quinoa with the carrot, cabbage and soybeans.*

*Mix together all the dressing ingredients (honey, soy sauce, sesame oil) and pour over the quinoa salad.*

*Put the turkey on the salad and sprinkle with almonds, alfalfa and sesame seeds to serve.*