**Quinoa Tabbouleh with Shredded Leeks and Preserved lemon**

This delicious Middle Eastern dish is fresh and zingy with the addition of preserved and fresh lemon. Using quinoa keeps this gluten free while adding plenty of protein and fibre to keep you feeling fuller for longer. For additional protein try adding a can of chickpeas or slices of grilled chicken breast.

Serves 4 as a main course or 8 as a side dish

Preparation time: 15 minutes

Cooking time: 15 minutes

200g quinoa

1 bunch of flat leaf parsley, finely chopped

1 bunch fresh mint, finely chopped

Juice of 2 lemons

1 garlic clove, chopped

2tbsp capers

120ml extra virgin olive oil

2 leeks, shredded

Drizzle of olive oil for frying

1 red onion, finely diced

1tsp ground cumin

1/2 tsp sea salt

Black pepper to taste

1 cucumber, deseeded and finely diced

4 vine ripe tomatoes deseeded and diced

1 preserved lemon, rind only, chopped

1. Rinse the quinoa in cold water. Place the quinoa in a pan with 525ml water. Bring to the boil. Reduce the heat and simmer gently for 15 minutes. Turn off the heat.
2. Place the herbs, garlic, capers, lemon juice and olive oil in a blender and process until smooth. Pour the dressing over the quinoa. Allow the mixture to sit with the pan covered for 10 minutes.
3. Heat a little olive oil in a frying pan and lightly saute the leeks for 2-3 minutes until just soft.
4. Combine all the remaining ingredients with the leeks in a large bowl. Add the lemon infused quinoa and toss well. Taste and season if necessary.

Nutritional Analysis per serving (as a main meal, 4 portions)

Calories 483kcal, fat 33.3g, saturates 4.6g, carbohydrates 32.7g, sugars 8.2g, fibre 7.3g, protein 9.3g, salt 0.8g