



QUINOA TABBOULEH WITH ZA'ATAR CHICKPEAS

SERVES 2 OR 4
TIME: 40 MIN
CALORIES: 510/SERVING



A classic Middle Eastern dish made with quinoa for a nourishing update that's loaded with plant-based protein. Full of veggies and fresh herbs, and topped with za'atar marinated chickpeas and pickled red onions for a delicious fresh meal.

WHAT YOU'LL NEED

- Small pot
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE 2 servings 4 servings

Baby cucumber	1	2
Cherry tomatoes	1/2 cup	1 cup
Green onion	1	2
Garlic	1 clove	2 cloves
Parsley	1/8 bunch	1/4 bunch
Mint sprigs	2-3	4-6
Spring mix	2 cups	4 cups
Lemon	1	1
Chickpeas	1 cup	2 cups
Za'atar	1 tsp	2 tsp
Quinoa	1/2 cup	1 cup
Pickled red onion	1/4 cup	1/2 cup
Pita	2	4



1 Make quinoa: rinse and drain the **quinoa**, then add to a small pot with 3/4 cup of **water** (1.5 cups for 4 servings). Bring to a boil then reduce to a simmer, cover, and cook until tender, about 10 minutes. Remove from heat and allow to sit for 5 minutes, then fluff with a fork. Set aside to cool.



2 Rinse and drain the **chickpeas** then add to a bowl with the **za'atar**, 2 tbsp of **oil** (4 tbsp for 4 servings), the **juice of half the lemon**, and a pinch each of **salt** and **pepper**.



3 Prep the remaining ingredients: cube the **cucumber** into 1/4 inch pieces, half or quarter the **tomatoes**, thinly slice the **green onion**, mince the **garlic**, and roughly chop the **parsley** and **mint**.



4 In a large bowl, mix together the **quinoa**, **garlic**, **onion**, **cucumber**, **tomatoes**, **mint**, **parsley**, 2 tbsp of **oil** (4 tbsp for 4 servings), and **remaining lemon juice**. Season with **salt** and **pepper** to taste. Toast the **pit**as.



5 Divide the **spring mix** between bowls and top with **tabbouleh**, **chickpeas**, and **pickled red onion**. Serve with the **pit**as.

Nutrition Facts		Valeur nutritive	
Per Serving (408 g) pour 1 (408 g)			
Calories 510		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 5.0 g			7 %
Saturated / saturés 0.5 g			3 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 96 g			
Fibre / Fibres 11 g			39 %
Sugars / Sucres 5 g			5 %
Protein / Protéines 20 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 710 mg			31 %
Potassium 700 mg			15 %
Calcium 175 mg			13 %
Iron / Fer 7 mg			39 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			