

# Piquant quinoa salad with avocado

Ingredients required for 4 persons

**Preparation time** 25 minutes

**Difficulty** medium

## Ingredients

125 g	quinoa
1	avocado
1	red onion
1	red bell pepper
100 g	tomatoes
100 g	maize
1 Bund	fresh coriander
1	clove of garlic
3 EL	argan oil roasted
½ TL	tandoori spice oil
2 EL	raspberry vinegar
1 TL	honey or agave syrup
	salt and pepper



## Preparation

Wash quinoa and bring to the boil in a pot with 250 ml water. Cover with a lid and simmer for around 12 minutes. Let swell for another 10 minutes. Cut avocado and bell pepper into small dice, cut onion into rings and tomatoes into quarters. Finely chop the garlic and place in a bowl with maize and quinoa. Prepare a dressing from argan oil, chili spice oil or tandoori spice oil, raspberry vinegar and honey. Season with salt and pepper. Pour over the salad right before serving and toss over. Garnish with coriander.