



Healthy Shrimp, Asparagus and Quinoa Salad

Overview

Difficulty: Easy Servings: 2

Preparation Time: 30 Minutes Cooking Time: 30 Minutes

Ingredients

200g Fresh Prawns - Deshelled

100g Cherry Tomatoes - Halved

60g Baby Asparagus

180g Quinoa Grains

600ml Chicken Stock

10g Chopped Garlic

2 Tbsps Canola Oil

4 Tbsps Extra Virgin Olive Oil

10g Rough Cut Italian Parsley

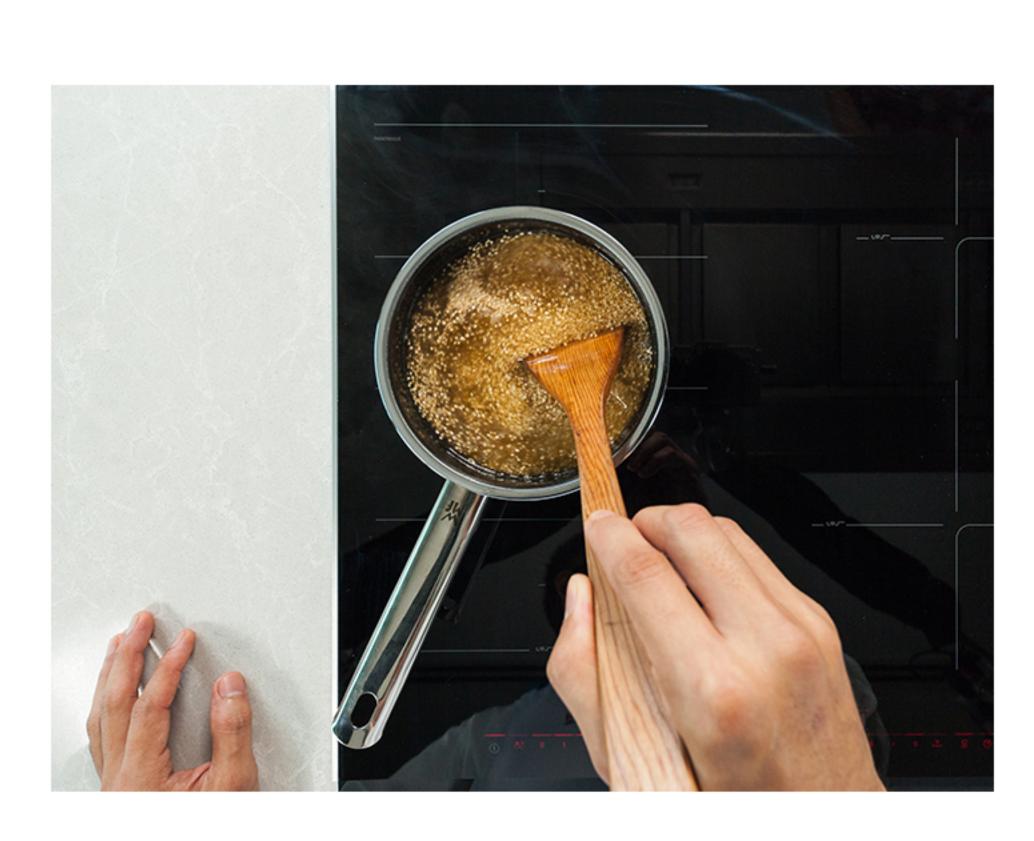
2 Sprigs Fresh Thyme

To Taste Rock Salt

To Taste Fresh Crushed Pepper

Step 1.Boil chicken stock in a medium pot and cook the Quinoa Grains in the stock for 7 minutes.





Step 2.Strain the Quinoa Grain and set them aside.





Step 3.Heat up the canola oil in a pan, fry asparagus, prawns, thyme, garlic. Set the asparagus and prawn aside to cool





Step 4.Pour quinoa into a mixing bowl. Next, add tomato cherries, stir-fried asparagus, prawn and extra virgin olive oil to it, and stir.



