



## 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.

