

# Detox Salad

## Serves 2

2 bunches parsley, roughly chopped, around 1 oz. (30g)

¼ cup (46g) cooked quinoa

1 avocado, peeled, stone removed, cut into cubes

½ cucumber, cut into cubes

½ zucchini, cut into cubes

1 small red onion, finely diced

1 tsp. olive oil

juice of 1 lemon

¼ cup (30g) mixed seeds and nuts, to garnish

## What You Need To Do

1. In a medium bowl, add parsley, avocado, quinoa, cucumber, zucchini, and onion and toss to combine.
2. Drizzle with olive oil and lemon, season with salt and pepper, then mix to combine and serve sprinkled with nuts and seeds.



GF	DF	LC	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	315	24	19	10

\*Nutrition per serving