

# Orange-Edamame Quinoa Salad

400g frozen orange

300g frozen edamame

300g raw kale

150g cooked quinoa

200g feta

2 spring onions

fresh parsley

fresh mint

1 tbsp olive oil

1 tbsp apple cider  
vinegar

salt and pepper

**METHOD.** Allow the frozen orange and edamame to thaw. Cook the quinoa and crumble the feta. Chop up the kale, spring onion, parsley, and mint. Add everything to a large bowl and add the olive oil and apple cider vinegar. Season with salt and pepper.

