

Quinoa Tabbouleh Salad

Fresh quinoa tabbouleh with herbs, vegetables, and lemon dressing. This healthy Middle Eastern salad is vegan, gluten-free, and protein-packed.

10 min

PREP

20 min

COOK

30 min

TOTAL

6

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 cup quinoa
- 2 cup water
- 1 tomato
- 1 cucumber
- 1 red onion
- 1 bunch parsley
- 5 leaf mint
- 1 cup olive oil
- 2 tbsp fresh lemon juice
- 1 tsp salt
- 1 tsp black pepper

Instructions

1 Cook the quinoa

Rinse 1 cup quinoa in a fine-mesh strainer under cold running water until the water runs clear, about 1-2 minutes.

2 Combine the rinsed quinoa and 2 cups water in a medium saucepan and bring to a boil over high heat.

3 Reduce heat to low, cover, and simmer for 15 minutes until all water is absorbed and quinoa is tender.

4 Remove from heat and let stand covered for 5 minutes, then fluff with a fork and spread on a large plate to cool completely, about 20 minutes.

5 **Prepare the vegetables**

Dice the tomatoes into ¼-inch pieces and place in a colander set over a bowl. Sprinkle with ½ teaspoon salt and let drain for 15 minutes.

6 Dice the cucumber into ¼-inch pieces. Finely mince the red onion. Remove thick stems from 1 bunch parsley and finely chop the leaves. Finely chop 5 mint leaves.

7 **Make the dressing**

Whisk together 1 cup lemon juice, 2 tablespoons olive oil, 1 teaspoon salt, and 1 teaspoon black pepper in a small bowl until well combined.

8 **Assemble the salad**

Combine the cooled quinoa, drained tomatoes, diced cucumber, minced onion, chopped parsley, and chopped mint in a large serving bowl.

9 Pour the dressing over the quinoa mixture and toss gently until everything is evenly coated.

10 Let the salad stand at room temperature for 30 minutes to allow flavors to meld before serving.

Tips

Rinse quinoa in a fine-mesh sieve until water runs clear to remove bitter saponins that can make the grain taste soapy.

Toast quinoa in a dry pan for 2-3 minutes before adding water to develop a deeper, nuttier flavor in the finished salad.

Salt diced tomatoes and let drain for 15 minutes in a colander to remove excess moisture and prevent a soggy salad.

Chop herbs just before mixing to preserve their bright color and prevent browning from oxidation.

Use a 3:1 ratio of parsley to mint for authentic tabbouleh flavor—parsley should be the dominant herb.

Let the salad rest at room temperature for 30 minutes after mixing to allow flavors to meld and develop properly.

Store leftovers without tomatoes if making more than a day ahead, adding fresh tomatoes just before serving.

Serve at room temperature rather than cold for the best flavor release and herb aromatics.