Quinoa Salad

Equipment:
- Medium mixing bowl
- Large metal mixing spoon
- 3 cutting knives
- 3 cutting boards
- 1 medium saucepan

Ingredients:
- 2 cups quinoa
- 1 avocado
- 2 eggs
- Lettuce leaves
- Spinach
- Rocket
- Parsley
- Half a jar of olives
- Basil
- Balsamic vinegar

Method:

1. Boil the quinoa in a saucepan of water
2. Hard boil the two eggs
3. Finely chop the parsley and basil
4. Halve the avocado, remove the stone, separate the flesh from the ski and slice
5. Shell and slice the boiled eggs
6. Wash the lettuce and separate the leaves from the heart
7. Add the spinach and basil
8. Combine all ingredients with a sprinkling of balsamic vinegar