

## Quinoa protinella salad in a jar



**Up to 15  
min.**



**Simple**



**Vegetarian**



### Zubereitung

1. Layer all the ingredients as desired in a preserving jar and pour the dressing on top at the end.
2. Can also be prepared the evening before and stored in the fridge.

### Zutaten

#### For 1 person:

- 50 g quinoa (prepare according to packet instructions, lightly salt and leave to cool)
- 1/2 pomegranate
- 1 lettuce heart (dry the leaves well so that the salad stays crunchy for longer)
- 1 pack of **GOLDSTEIG** Protinella balls
- Yoghurt dressing made from 2 tbsp natural yoghurt, 1 tbsp olive oil, a squeeze of lemon juice
- 1 spring onion cut into rings
- salt and pepper

