

Quinoa Sardine Tabbouleh with Garlic Anchovy Pita Chips

Serves: 4

Ingredients

- 1 bunch parsley, leaves removed from stem and finely chopped
- 1 cup quartered grape tomatoes
- ½ English cucumber, diced
- 1 ½ cup cooked quinoa (see notes)
- 1 lemon, zested and juiced
- 1 can [Crown Prince Natural Brisling Sardines in Mustard](#), drained and broken up
- salt and black pepper, to taste

Notes

Quinoa can be cooked similar to rice. The ratio is 1 cup of quinoa to 2 cups of water. Place quinoa and water in a pot large enough to accommodate the contents. Bring to a boil, and then reduce heat to a simmer. Leave uncovered until majority of water has evaporated. Cover with a lid and turn off the burner. Leave the pot covered for at least 10 minutes for the quinoa to finish cooking with the residual heat. Transfer cooked quinoa to a sheet tray or shallow baking dish to completely cool before adding to any salad. Cooked quinoa can be stored in the refrigerator for up to seven days.

Directions

Place all ingredients in a mixing bowl. Combine well and season to taste.

Serve with pita chips and fresh vegetables such as celery, cucumber, sweet peppers or carrots.



Pita Chips

- 4 tbsp unsalted butter
- 1 tbsp [Crown Prince Natural Anchovy Paste](#)
- 8 large garlic cloves, minced
- ½ cup parsley leaves, minced
- 2 tbsp extra virgin olive oil
- black pepper, to taste
- 4 whole wheat pitas, cut into triangles

Preheat oven to 375°F.

In a small saucepan, melt butter over medium low heat. Add anchovy paste and stir to combine well. Add garlic and stir occasionally until garlic is fragrant. Add parsley, olive oil and black pepper. Stir to combine. Transfer to a large mixing bowl and allow to cool slightly. In small batches, add pitas and toss gently to coat. Place pitas onto a parchment paper lined baking sheet. Place the baking sheet in the oven and bake for at least 15 minutes, or until pitas are crisp and golden brown.