# Mediterranean Quinoa salad with grilled swordfish

**Serves 4**

**Ingredients**

* 100g quinoa (boiled with a vegetable stock cube & cooled)
* 1 avocado
* ½ pomegranate
* 3 spring onions
* 1 head broccoli (small florets blanched in boiling water and cooled)
* ½ bag baby spinach
* 25g flat parsley
* Juice of a lemon
* 5 tbsp EV olive oil
* 1 tomato
* 1 red pepper
* ½ cucumber
* 4 x pre marinated swordfish steaks

**Method**

1. Finely chop the cucumber, tomato, spring onions, parsley & red pepper.
2. Mix the above through the cooled quinoa and season well with salt & pepper.
3. Add the broccoli, lemon juice & EV olive oil to the mix.
4. Arrange the spinach leaves in the base of a large dish, mound the quinoa mix in the middle of the bowl.
5. Cut the avocado into slices and garnish the salad with these
6. Sprinkle the pomegranate seeds on the top just before serving.
7. Preheat a grill pan or BBQ and ensure it is hot enough to sear. Place your swordfish steaks onto the bars / pan and leave for 4 minutes on each side before serving on your quinoa salad.