

Jennifer Aniston Viral Salad

Serves 4-6

10 mins

5 main ingredients

What you'll need

Main ingredients

1 cup quinoa or bulgur wheat cooked

1 cup cucumber finely diced

1 block crumbled/ diced feta cheese

1/3 cup red onion chopped

1/2 cup roasted and salted pistachios chopped

Fresh/ frozen

1/2 cup parsley chopped

1/2 cup mint chopped

2 lemons juiced (about 5-6 Tablespoons)

Store cupboard

1 can chickpeas drained and rinsed

1/4 cup extra virgin olive oil

Salt and pepper to taste

What to do

1. Add and prepare all the ingredients as listed in a large salad bowl and mix well.
2. Serve immediately or let the salad chill in the fridge a couple hours before serving.
3. Store salad in an airtight container for up to 5 days in the fridge - perfect for meal prep!

Notes & tips

- We used a cup of ready to eat pre-cooked pouch of quinoa
- We only had 'raw' pistachios, but any nut would be great - walnuts, pecans, or pine nuts would be delicious
- Recipe inspired by [eatingbirdfood](#)