Quinoa Salad with Kale, Mushrooms & Peppers

Ingredients

* 10 cup quinoa
* 3 bunches of kale
* 5 containers mushrooms brushed clean and sliced
* Chopped Peppers
* Coconut or olive oil
* A little crushed garlic
* Salt & Pepper

Instructions

1. Prep kale: remove the hard stems then wash and finely chop. Set aside in a colander to drain the excess water off. Heat electric frying pan to medium heat, add a little oil & lemon juice and throw in kale with a bit of salt and toss around till wilted down. Don’t overdo. Divide into two stainless steel trays…mix with other ingredients.
2. Make Quinoa: Rinse quinoa well and drain. Add to a pot and cover with about double the amount in water. Bring to the boil, reduce to a simmer, cook till soft. Divide into two stainless steel trays…mix with other ingredients.
3. Pan fry mushrooms & peppers in electric fry pan on medium heat with a drizzle of oil, salt & pepper. Divide into two stainless steel trays…mix with other ingredients.