



# The Famous Quinoa Salad

LOW-MEDIUM IN SALICYLATES

LOW FODMAPS

GLUTEN FREE

DAIRY FREE

---

*Who said quinoa has to be boring?*

*This one's crunchy, herby, and a little cheeky – tossed in a light Asian-style dressing that makes it taste like Spring in a bowl.*

---

**PREP TIME: 20 minutes**

**COOKING TIME: AROUND 20 minutes**

**SERVES 4 - 6**

## Ingredients

### THE BASE:

- 2 cups of uncooked tri-colored Quinoa.
- 1 - 2 lebanese cucumbers diced or 6 - 8 baby cucumbers diced
- 2-3 spring onions chopped including the green tops (FODMAPS - just use the green tops)
- Hand full of Fresh herbs - Parsley and Coriander work well together or you can use Mint.
- ¾ cup of Roasted Pine Nuts or Roasted Almond Slithers
- 1 diced red apple (optional)

### THE DRESSING:

- 1 cup of grapeseed oil.
- 1 tbsp of brown sugar, or to taste
- 1 tsp of rice wine vinegar
- 2 tbsp of soy sauce or soy sauce alternative (I use Niulife Naked Extra Thick Coconut Aminos)
- Salt & pepper to taste
- 1 tsp of fresh lemon juice
- 1 small garlic clove, crushed (optional)
- 1 small piece of ginger, grated (optional)

### PAIRS WELL WITH:

- Chicken - grilled or crumbed chicken breast, or thighs go well with this.
- Sliced Lamb Rump or Steak
- Prawns, salmon or white fish.
- Lentils, chickpeas or white beans (cooked or tinned)
- Use it to stuff baked pumpkin, sweet potato or other vegetables/fruit like tomatoes (if tolerated)

# Directions



**COOKING THE QUINOA:** There is a way to cook perfect quinoa and here is how it's done.

- Place the uncooked quinoa in a bowl and let it soak for a minimum of 10 minutes. (The soaking and washing process removes the bitter taste)
- Drain and thoroughly wash the soaked quinoa under cool water.
- Place the quinoa into a saucepan and add enough water to cover the Quinoa with about 1-2 cm above.
- Cook the quinoa until you see little tails and the quinoa is slightly firm, not sloppy.
- Strain and rinse under cold water and let it all of the water drain out.
- Fluff with a fork and keep an eye on it to make sure all the water has drained off.

## NOTE:

- I like to pre-cook my quinoa and leave it in the fridge overnight. If all the water is drained before refrigerating, the quinoa becomes firm and couscous like which is a good texture for the salad. Cooked Quinoa can be stored in an air-tight container in the fridge for up to seven days, so it's handy to have it around.

## THE REST:

- While the quinoa is cooking, chop the cucumber, spring onions and herbs (and apple), then place them in a large bowl.
- Roast the pine nuts/almond slithers either over a stove top or in the oven. Put aside to cool.

## THE DRESSING:

- Place all ingredients in a jar with a lid and shake vigorously until well combined. The dressing will thicken as the ingredients emulsify together.
- Store in the fridge for up to a week.

## BRING IT TOGETHER:

- Once the quinoa had completely drained and the grains a firm, mix the grains in with the cucumber mixture until all combined.
- Add the dressing and nuts then serve.

## NOTE:

- The base of the salad stores well in the fridge for a few days BEFORE you add the dressing, nuts and apple.
- When storing leftovers, keep in mind the nuts will lose their crunch and soften by soaking up the dressing. It's still delish but should be eaten quickly.

*Enjoy!*