



Quinoa salad with walnuts

מתכון מאת V-ZUG Ltd.



Preparation	30 Mins
Resting time	10 Mins
Cooking time	30 Mins
מנות	4
התקן	Combair-Steam SL from 2015

Preparation

100 g quinoa
200 ml vegetable bouillon

Wash the quinoa in a sieve under running water. Drain the quinoa well.
Put the quinoa together with the vegetable bouillon into the cooking tray and then place it on the wire shelf in the cold cooking space. Cook.

Steaming 100 °C for 30 Mins

Take the quinoa out of cooking space and then leave to swell for 10 minutes.

50 g walnuts, roasted
1 stalk of pascal celery
100 g pomegranate seeds
1 apple, red
150 red cabbage

Peel and dice the celery. Wash and dice the apple. Cut the red cabbage leaves into fine strips. Coarsely chop the walnut kernels. Mix the diced celery, pomegranate seeds, diced apple, red cabbage strips and chopped walnut kernels into the lukewarm quinoa.

6 tbsp apple cider vinegar
6 tbsp olive oil
1 tbsp mustard
3 tbsp water
1 shallot
2 tbsp mint
Salt
Pepper
Sugar

For the dressing, peel and finely chop the shallot. Finely chop the mint. Mix all the ingredients into the quinoa salad.





עצות

Quinoa salad can be served with a green salad.

The walnuts can be toasted in the oven using hot air at 180 °C or in a pan.

אביזרים

Porcelain dish ⅓ GN

Wire shelf

מידע נוסף

הופק ביום

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