Quinoa salad

מתכון מאת V-ZUG Ltd.



Preparation	30 Mins
Resting time	10 Mins
Cooking time	30 Mins
מנות	4
התקן	CombairSteamer V2000 from 2021

with tahini dressing

Quinoa

150 g white quinoa

200 ml vegetable bouillon

100 ml apple juice

1 tbsp olive oil

1 tsp maple syrup

2 tbsp sultanas

½ tsp ras-el-hanout

1 knife tip of turmeric

1 knife tip of cinnamon

½ chilli pepper, chopped

½ tsp salt

Salad

1 cucumber

1 mango

50 g salted pistachios, blanched and chopped

3 sprigs of dill, chopped

3 sprigs of coriander, chopped

3 sprigs of parsley, chopped

2 sprigs of mint, chopped

Dressing

80 g tahini

75 ml lukewarm water

½ lemon, juice only

1 tbsp olive oil

1 knife tip of cumin powder

1 knife tip of cayenne pepper

½ tsp salt

Quinoa

Wash and drain the quinoa. Put the quinoa in a porcelain dish along with the other ingredients and mix together well.

Cook the quinoa on a wire shelf in the middle shelf position at 100 °C for 30 minutes using the steam mode.

Take the quinoa out of the cooking space, cover and leave to swell for at least 10 minutes. Loosen with a fork.

Salad

Peel and deseed the cucumber. Peel the mango. Cut the cucumber and mango into 5 mm cubes. Put in a bowl with the other ingredients and mix together with the lukewarm quinoa.

Dressing

Whisk all the ingredients together in a bowl.

Serving

Mix the dressing with the lukewarm quinoa salad.

Cooking steps

Steaming 100 °C for 30 Mins

אביזרים

Wire shelf

1-litre porcelain dish

מידע נוסף

הופק ביום	08.08.2025