Quinoa salad with walnuts

Рецепт від V-ZUG AT



готування	30 хв
Пауза	10 хв
Час готування	30 хв
Порції	4
Прилад	Combair-Steam SL з 2015 року

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.

Готування на парі 100 °C протягом 30 хв

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.

Поради

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.

Аксесуари

Porcelain dish ⅓ GN

Wire shelf

Додаткова інформація

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