



# Asian Quinoa Salad

By The Minimalist Baker

Prep time: 10 min    Cook time: 10 min    Total time: 30 min

Serves: 4

## QUINOA

- 1 tsp sesame oil (toasted or untoasted)
- 1/3 cup (61 g) dry white quinoa, well rinsed and drained
- scant 2/3 cup (150 ml) water

## VEGETABLES

- 1 cup (118 g) frozen edamame
- 1 large head (~500 g) broccoli, cut into bite size pieces
- 1/2 red bell pepper, thinly sliced
- 1 1/2 cups (110 g) shredded/very thinly sliced purple cabbage (or sub green cabbage or kale)
- *optional*: 1 cup (70 g) shredded kale or chopped cilantro

## DRESSING

- 1 Tbsp (16 g) almond, peanut or cashew butter
- 2 Tbsp (30 g) chili garlic sauce, plus more to taste
- 3 Tbsp (45 ml) maple syrup, plus more to taste
- 3 Tbsp (45 ml) tamari (or soy sauce if not gluten free // or coconut aminos), plus more to taste
- 3 Tbsp (45 ml) lime juice
- 2 1/2 Tbsp (38 ml) sesame oil (toasted or untoasted)
- *optional*: 1 Tbsp (8 g) crushed peanuts for topping
- *optional*: 1 tsp fresh minced ginger

## Instructions

1. Heat a small saucepan over medium heat. Add sesame oil and rinsed quinoa. Toast quinoa, stirring frequently, for 2-3 minutes, then add water. Bring to a boil over medium-high heat, then reduce heat to low, cover and cook for 18-20 minutes (or until liquid is absorbed). Once cooked, fluff with a fork and set off of the heat. Crack the lid partway open to let steam escape.
2. While the quinoa is cooking, add 1 inch of water to a medium saucepan, heat over medium-high heat, and insert a steamer basket (or steam in the microwave). Once water is simmering, add the edamame, then the broccoli and cover. Cook for 2 minutes to gently thaw the edamame and steam the broccoli. Then remove from heat and transfer to a large mixing bowl (for serving). Set in the refrigerator to chill.

3. Next prepare dressing by adding all ingredients to a small mixing bowl and whisking to combine. Taste and adjust seasonings as needed, adding more maple syrup for sweetness, chili garlic sauce for heat, tamari for saltiness, or lime juice for acidity. Set aside.
4. Add quinoa, sliced red pepper and cabbage to the steamed broccoli and edamame and top with dressing. Toss to combine. Serve immediately.
5. Best when fresh, but will keep covered in the refrigerator up to 2-3 days.

#### Notes

\*Nutrition information is a rough estimate for 1 of 4 servings with dressing.

#### Nutrition Information

Serving size: 1/4 of recipe with dressing Calories: 309 Fat: 15.8 g Saturated fat: 2 g

Carbohydrates: 34.6 g Sugar: 10.9 g Sodium: 881 mg Fiber: 7.3 g Protein: 12.2 g

Recipe by Minimalist Baker at <http://minimalistbaker.com/asian-quinoa-salad/>

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