

RECIPE | CUCUMBERS

THAI QUINOA SALAD



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Recipe created by *Shuchi Gupta*



25 min

10 min
PREP.

15 min
COOKING



2



easy

INGREDIENTS

For the salad:

- 1 lb bag** Pure Flavor® Mini Cucumbers, diced
- 1** Pure Flavor® Red Sweet Bell Pepper, diced
- 398ml can** coconut milk
- ¾ cup** quinoa, uncooked
- ½ cup** water
- ½ cup** carrots, diced
- ½ cup** cilantro, chopped
- ¼ cup** red onion, diced

- 2** spring onions, sliced
- 3 tbsp** peanuts
- 2 tbsp** olive oil
- Fresh lime, for garnish
- Cilantro, for garnish
- Thai chili, optional for garnish

For the dressing:

- ¼ cup** peanut butter
- 3 tbsp** soy sauce
- 1 tbsp** chili sauce
- 1 tbsp** honey
- 1 tbsp** lime
- 2 tsp** fresh ginger, grated
- 2 tsp** garlic, minced
- 1 tsp** olive oil or sesame oil water to thin, if necessary

DIRECTIONS

- 1** In a medium saucepan, add oil and peanuts. Fry until toasted, then add coconut milk with water and bring it to a boil. Add in quinoa and bring the mixture to a boil. Cover, reduce heat to low and let simmer for 15 minutes or until quinoa has absorbed all of the liquid.
- 2** Remove from heat and fluff quinoa with fork; place in a large bowl and set aside to cool for about 10 minutes.
- 3** For the dressing, combine all ingredients in a bowl and stir until the mixture is smooth and creamy. Thin with water if needed.
- 4** Combine veggies along with quinoa and mix. Add in the dressing, toss, and enjoy. Garnish with cilantro and fresh lime. Serve with Thai chilis, optional.