



RECIPE | CUCUMBERS

THAI QUINOA SALAD



25 min

10 min
PREP.

25 min
COOKING



2



easy

INGREDIENTS

Recipe created by Shuchi Gupta

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.