



CRUNCHY THAI QUINOA SALAD

with Ginger-Soy Dressing & Roast Cashews



Bring the flavours of Thailand to a quinoa salad



Lime



Ginger



Quinoa



Cucumber



Mint



Carrot



Shredded Cabbage Mix



Roasted Cashews



Roasted Peanuts



Long Red Chilli (Optional)



Hands-on: 20 mins

Ready in: 25 mins



Spicy (optional long red chilli)

We all know how good quinoa is for us – its status as a superfood is by now confirmed! But the trick to a really lip-smacking quinoa is packing plenty of flavour into it. Enter, Thai salad! Fresh, zesty, punchy... it's everything quinoa needs to really come alive.

Pantry Staples: Olive Oil, Water, Soy Sauce, Sesame Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **teaspoon, fine grater, chef's knife, chopping board, sieve, medium saucepan** with a **lid, large bowl** and **tongs**.



1 GET PREPPED

Peel and finely grate the **ginger** until you have **1/4 tsp for 2 people / 1/2 tsp for 4 people**. **TIP:** Use a **teaspoon** to peel the skin off the ginger, scraping at the edge. **TIP:** If you like ginger, add more for a stronger flavour. Zest the **lime** and then slice it into wedges.



2 COOK THE QUINOA

Rinse the **quinoa** well. Place the quinoa and **water (check ingredients list for the amount)** in a medium saucepan, cover with a lid and bring to the boil. Remove the lid and reduce to a medium heat. Simmer, uncovered, for **8-10 minutes**, or until the quinoa is tender, and the water has absorbed. Drain and refresh under cold water. **TIP:** If you prefer your salad warm, don't refresh the quinoa under cold water.



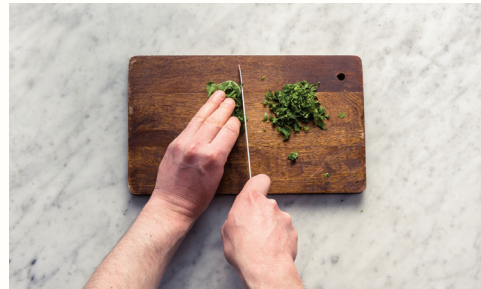
3 MAKE THE GINGER SOY DRESSING

While the quinoa is cooking, combine the **soy sauce, sesame oil, a drizzle of olive oil, 1/2 of the grated ginger, a pinch of lime zest** and a squeeze of juice from a lime wedge in a large bowl. **TIP:** Add as much or as little ginger and lime juice as you like depending on your taste preference.



4 CONTINUE PREPPING

Slice the **carrot** (unpeeled) into thin matchsticks. **TIP:** Feel free to grate the carrot if you would prefer. **TIP:** Keep the skin on the carrot to retain its nutrients! Finely slice the **long red chilli** (if using). Slice the **cucumber** in half (lengthways), scoop out the core using a teaspoon, then roughly chop into crescents.



5 TOSS THE SALAD

Pick and finely slice the **mint** leaves (reserve a few leaves for garnish!). Add the mint, cooked **quinoa, shredded cabbage mix, carrot, cucumber, roasted cashews** and **roasted peanuts** to the bowl with the ginger-soy dressing. Toss to coat the quinoa and mix it all together.



6 SERVE UP

Divide the crunchy Thai quinoa salad between plates and garnish with the reserved mint leaves and the long red chilli (if using). **TIP:** Some like it hot but if you don't, just hold back on the chilli.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
lime	1	2
quinoa	1 packet (1/2 cup)	2 packets (1 cup)
water*	1 1/2 cups	3 cups
soy sauce*	1 1/2 tbs	3 tbs
sesame oil*	1 tbs	2 tbs
carrot	1	2
long red chilli (optional)	1	2
cucumber	1	2
mint	1 bunch	1 bunch
shredded cabbage mix	1 bag	1 bag
roasted cashews	1 packet	2 packets
roasted peanuts	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2260kJ (541Cal)	387kJ (93Cal)
Protein (g)	20.2g	3.5g
Fat, total (g)	25.5g	4.4g
- saturated (g)	3.8g	0.6g
Carbohydrate (g)	55.3g	9.5g
- sugars (g)	13.0g	2.2g
Sodium (g)	736mg	126mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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