

Idiot's Kitchen Recipe – Thai Quinoa Salad

Recipe from idiotskitchen.com – Adapted from Foodie Crush



Ingredients:

- 1 cup quinoa
- 2 cups water
- 1 English/hothouse cucumber, chopped (or regular cucumber with seeds removed, then chopped)
- 1 red bell pepper, chopped
- 1 cup carrots, matchstick or shredded (about 2 carrots)
- 3 green onions, chopped (white & green parts)
- 2-3 cups red cabbage, finely sliced or shredded
- 1 cup shelled edamame (I buy frozen and rinse lightly to thaw)
- ½ cup fresh basil, chopped
- ½ cup fresh cilantro, chopped
- ½ cup fresh mint, chopped
- 4 teaspoons Asian fish sauce
- 3 limes, juiced
- 1 Tablespoon sugar
- 1 Tablespoon fresh ginger, grated
- 1 Tablespoon olive oil (or vegetable oil)
- 1 teaspoon sesame oil
- Salt & Pepper to taste (about 1 teaspoon each for me)
- ½ cup Sriracha Cashews (or peanuts) chopped

Rinse 1 cup of dried quinoa under cool water to remove any bitterness and residue. Place the quinoa in sauce pan with 2 cups of water and bring to a boil. Turn the heat down to low and simmer 10-12 minutes or until all the water has been absorbed and the quinoa is plump and puffed up.

Transfer the quinoa to a large bowl and allow to cool completely. (I put mine in the fridge while I prep the other ingredients.)

Chop 1 cucumber and 1 red bell pepper into bite sized (salad sized) pieces. Finely chop 3 green onions, and shred or finely chop about ½ a small head of red cabbage to equal 2-3 cups. Shred or finely chop 1 cup of carrots. Place the veggies in the bowl of cooled quinoa and add 1 cup of shelled edamame.

In a small bowl, combine 4 teaspoons Asian fish sauce with the juice of 3 limes. Add 1 Tablespoon grated fresh ginger, 1 Tablespoon sugar, 1 Tablespoon olive oil, and 1 teaspoon sesame oil. Season to taste with salt & pepper and whisk to combine.

Pour the dressing over the quinoa and vegetables and toss to thoroughly combine.

Finally, add ½ cup each chopped fresh mint, cilantro, and basil and ½ cup chopped Sriracha cashews or peanuts. Toss lightly to combine.

Can be eaten immediately or refrigerated for a few hours for deeper flavor.

Makes 8 servings but is great leftover – keeps well in the fridge for 3-4 days. Or you can easily make a HALF recipe if you're cooking for two and still have leftovers.