

“Thai” Quinoa Salad

Ingredients

1 cup quinoa
1/4 purple cabbage
2 carrots
1 red bell pepper/capsicum
2 green onions (scallions/salad onions), thinly sliced
1/2 bunch fresh coriander (cilantro)
½ cup almonds

Dressing

¼ cup cashew butter
2 cloves garlic, minced
1 tbsp grated fresh ginger
3 tbsp tamari or Bragg liquid aminos
2 tbsp rice malt syrup
2 tbsp warm water
1 tbsp apple cider vinegar
1 tbsp sesame oil

Instructions

- 1) Prepare the quinoa by putting in a saucepan with 1 cup of water, bring to the boil and then turn to simmer for 10 mins or until all of the water is gone and the quinoa has ‘un-coiled’
- 2) Blend the dressing ingredients together
- 3) Prepare the veggies by finely slicing the cabbage, cutting the carrot into ribbons with a vegetable peeler and then finely slicing into strips, dice the pepper, thinly slice the green onions and roughly chop the coriander.
- 4) You can slice the almonds or leave whole
- 5) Mix the quinoa and veggies and almonds in a large bowl and liberally dress with the dressing