



Quinoa Salad with Apple Cider Vinaigrette



the Combi Wave™ 3 in 1

Sage®

Quinoa Salad with Apple Cider Vinaigrette

 Prep: 20 minutes / Cook: 22 minutes / Stand: 10 minutes

 Serves: 4



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200g red quinoa, rinsed, drained
500ml water
100g cauliflower florets
1 medium carrot, coarsely grated
2 spring onions, thinly sliced
60g flat-leaf parsley leaves, coarsely chopped
140g cherry tomatoes, halved
80g flaked almonds, toasted
100g feta, crumbled
Sea salt and freshly ground black pepper, to season

Apple Cider Vinaigrette
2 tbsp apple cider vinegar
1 tsp honey
1 tsp Dijon mustard
60ml extra virgin olive oil
Sea salt and freshly ground black pepper, to season

Method

1. Place the quinoa in a large microwave-safe bowl. Add the water and place on the turntable.
2. Press **MICROWAVE** and set 100% for 15 minutes. Press **START** to begin cooking.
3. Let stand for 10 minutes then stir and cool to room temperature.
4. Place the cauliflower in a microwave-safe bowl with 1 tablespoon water, cover with a vented lid or plastic wrap and place on the turntable. Press **FOOD MENU** and select **COOK**, then **SOFT VEG**, 100g. Press **START** to begin cooking, stirring halfway through. Cool to room temperature.
5. **Make the Apple Cider Vinaigrette.** Whisk the vinegar, honey, mustard and oil in a small bowl. Season with salt and pepper.
6. When quinoa and cauliflower are cool, place in a large bowl with the carrot, onions, parsley, tomatoes, almonds and feta.
7. Pour the vinaigrette over the salad, season with salt and pepper and toss to combine. Serve cold or at room temperature.