



Purple Carrot

Cook

ASIAN SPRING SALAD

Serves 6 / PREPARE 20 MINS / COOK 15 MINS

Ingredients

Salad		Vinaigrette	
250g	Peas (fresh or defrosted)	60 ml	Rice vinegar
250g	Snap peas, strings removed, trimmed and cut in half	3 tbsp	Tamari
150g	Shelled edamame, defrosted	1tbsp	Sugar
250g	Snow peas	¼ tsp	Ground white pepper
150g	Watercress, washed, leaves picked	1	Small shallot, finely minced
4-6	Radishes	2 tbsp	Rapeseed oil
½	Cucumber	1 tsp	Toasted sesame oil
200g	Quinoa	1 ½ tsp	Sesame seeds, toasted

Instructions

Combine the dressing ingredients in a glass jar, starting with the vinegar, soy sauce, sugar and pepper to dissolve the sugar. Add the rapeseed oil, sesame oil and shallot and sesame seeds. Shake until the ingredients are well combined. Let stand to allow the flavours to blend. It might split, if it does just give it a good shake to mix it up again.

Rinse the quinoa under running cold water for a couple of minutes until the water comes through clear. Place the quinoa in a pan without water over a medium heat and dry, stirring every now and again. Then add water as per packet instructions. Let the quinoa boil for a minute or two, then simmer covered for another 10min or until cooked.

Prepare a large bowl with ice –water. Steam the snow peas for 2 mins, and transfer to the ice water. Steam the snap peas for 1 min and transfer to the iced water bowl. If the peas are fresh steam them for a minute too and put in the ice water straight away. If frozen, just put them in a bowl and pour hot water from the kettle over them and let them sit for 30 seconds. Drain and plunge in the ice-water too.

Remove all the vegetables from the ice bath, drain and dry thoroughly on clean tea towels.

Use a mandolin to slice the clean radishes and cucumber.

Toss the peas, snow peas, radishes, cucumber, quinoa and watercress with the dressing in a large bowl.

You can make this salad with leftover quinoa and green veggies from the previous night's dinner. You can even cook a little more quinoa and greens to make this salad for lunch!

The vinaigrette will last for up to 6 months. Just remember to shake the jar vigorously before each use.



Nutrifacts



Snap and Snow Peas are high in lutein, that may help keep your eyes healthy, as well as folic acid, necessary during pregnancy to prevent spina bifida and for red blood cell production and vitamin C, an antioxidant which helps support immunity. Peas are high in FIBRE that helps intestinal health & transit fatty acids.

Cucumber is low in calories as well as fat. They do contain some VITAMINS including C and K to support blood coagulation.

Quinoa is a seed rather than a grain. It is high in fibre to support a healthy gut and it contains complete protein (most plant sources do not) although at lower levels than most beans and pulses.

Edamame is high in PROTEIN to help tissue repair and FIBRE to support gut health. Edamame also contains PHYTO-OESTROGENS that help regulate oestrogen production.