

Quinoa Salad

Fresh and nutritious quinoa salad packed with vegetables and herbs. Perfect gluten-free, vegan meal that's easy to make and customize with your favorites.

15 min

PREP

20 min

COOK

35 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 cup quinoa
- 2 tomato
- 1 onion
- 5 scallion
- 5 green pepper
- 5 sprig arugula
- 9 sprig parsley
- 5 tbsp olive oil
- 1 lemon
- 1 tsp salt
- 1 tsp black pepper
- 1 pomegranate

Instructions

- 1 Prepare the quinoa**

Rinse 1 cup quinoa in a fine-mesh strainer under cold running water for 2-3 minutes, rubbing the grains gently with your hands until the water runs clear.
- 2** Bring 2 cups water to a rolling boil in a medium saucepan over high heat.
- 3** Add the rinsed quinoa to the boiling water, reduce heat to low, cover tightly, and simmer for 15 minutes until all water is absorbed and quinoa is tender.

4 Remove from heat and let stand covered for 5 minutes, then fluff with a fork and spread on a large plate to cool completely, about 15-20 minutes.

5 **Prepare the vegetables and herbs**

Dice 1 red onion into small pieces and slice 5 scallions thinly, including green parts.

6 Remove seeds from 1 bell pepper and dice into small cubes, then quarter 5 cherry tomatoes.

7 Remove thick stems from 5 sprigs parsley and 9 sprigs arugula, then roughly chop both herbs.

8 **Make the dressing**

Whisk together 5 tablespoons olive oil, juice from 1 lemon, 1 teaspoon salt, and 1 teaspoon black pepper in a small bowl until well combined.

9 **Assemble the salad**

Transfer cooled quinoa to a large serving bowl and add all prepared vegetables and herbs.

10 Pour the dressing over the quinoa mixture and toss gently until everything is evenly coated.

11 Refrigerate for at least 30 minutes to allow flavors to meld, then taste and adjust salt and pepper as needed before serving.

Tips

Always rinse quinoa thoroughly under cold water before cooking to remove the bitter saponin coating that naturally protects the seeds.

Let cooked quinoa cool completely to room temperature before mixing with vegetables to prevent wilting and maintain crisp textures.

Toast quinoa in a dry pan for 2-3 minutes before adding water for a nuttier flavor and improved texture.

Prep vegetables uniformly - dice them to similar sizes for the best eating experience and visual appeal.

Make the dressing separately and add it gradually, tasting as you go to achieve the perfect balance of flavors.

Add delicate herbs and ingredients like avocado just before serving to prevent browning and maintain fresh appearance.

Season the salad and let it rest for at least 30 minutes in the refrigerator before serving to allow flavors to meld together.

Double the recipe when meal prepping - quinoa salad keeps well and tastes even better the next day.