

Kinoa Salatas?

Fresh and healthy quinoa salad with vegetables, herbs, and lemon dressing. Gluten-free, vegan-friendly, and perfect for meal prep.

15	20	35	4	Easy
HAZIRLIK DK	PI?IRME DK	TOPLAM DK	PORSIYON	ZORLUK

Kinoa Salatas?

Malzemeler

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

Yap???

- 1 Cook the quinoa**

Rinse 1 cup quinoa under cold running water in a fine-mesh strainer until the water runs clear, about 1-2 minutes.
- 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 and return to a boil.
- 4** Reduce heat to low, cover, and simmer for 15 minutes until the water is completely absorbed and the quinoa is tender.
- 5** 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 20 minutes.
- 6 Prepare the vegetables**

Dice 2 tomatoes, 1 bell pepper, and 5 cherry tomatoes into ¼-inch pieces and place in a large mixing bowl.
- 7** Finely chop 3 sprigs parsley and 9 sprigs arugula, removing any thick stems, and add to the bowl with the diced vegetables.
- 8 Make the dressing**

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

9 **Assemble the salad**

Add the cooled quinoa to the bowl with the 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 the flavors to blend, then garnish with 1 pomegranate's seeds before serving.

?puçlar?

Rinse quinoa thoroughly in cold water using a fine-mesh strainer until the water runs clear. This removes the natural saponin coating that can make quinoa taste bitter.

Toast quinoa in a dry pan for 2-3 minutes before adding liquid to enhance its nutty flavor and improve texture.

Let cooked quinoa cool completely before adding fresh ingredients to prevent wilting delicate greens and vegetables.

Make the dressing separately and add it gradually, tasting as you go. You can always add more, but you can't take it away.

Prepare vegetables uniformly - dice tomatoes and peppers to similar sizes for even distribution and better presentation.

Store leftover quinoa salad without avocado or delicate herbs, adding these fresh ingredients just before serving for best texture and color.

Allow the dressed salad to marinate in the refrigerator for at least 30 minutes before serving to let flavors meld together.

Use a fork to fluff quinoa after cooking and cooling to prevent clumping and ensure light, separate grains.