



Quinoa Salad with Apple Cider Vinaigrette



the Combi Wave™ 3 in 1

Breville®

Quinoa Salad with Apple Cider Vinaigrette

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

 Serves: 4



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1 cup (200g) red quinoa, rinsed, drained
2 cups (500ml) water
100g cauliflower florets
1 medium carrot, coarsely grated
2 green onions, thinly sliced
2 cups firmly packed flat-leaf parsley leaves, coarsely chopped
140g cherry tomatoes, halved
1 cup (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
¼ cup (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.