



Warm Quinoa Salad

by

Chef Mithun
The Postcard Dewa, Thimphu, Bhutan

INGREDIENTS

Quinoa (50g)	Spring onion (15g)
Chopped onion (10g)	Nakey (20g) *
Sliced garlic (6g)	Green chilli (8g)
Coriander (15g)	Ghee (30ml)
Asparagus (20g)	Lemon (1)
Broccoli (20g)	Salt to taste
Cauliflower (20g)	Lettuce

*Nakey is a vegetable grown in Bhutan. A good substitute for this is zucchini.

METHOD

Step 1 - Place quinoa in a fine strainer and rinse thoroughly with cool water for at least 2 minutes.

Step 2 - Transfer to a saucepan. Add enough water to cover the quinoa (approx. 150 ml). Bring to a boil, then reduce heat. Cook for 15 minutes on a low flame. Turn off the heat, drain it and keep aside for 5 minutes.

Step 3 - Wash and cut all the vegetables. Blanch broccoli, cauliflower and nakey and keep aside.

Step 4 - Heat ghee in a non-stick skillet pan. Add chopped onions and garlic and cook on medium heat until brown on the outside and soft inside. Add the vegetables and cook for 4 minutes. Add cooked quinoa, stir and cook until warm. Add salt, spring onions, coriander and mix it well.

Step 5 - Turn off the heat and add lemon juice.

Step 6 - Put the warm quinoa in a small bowl, add some lettuce on top and serve immediately.