



# Quinoa salad

Recipe by V-ZUG Ltd.



|              |                                |
|--------------|--------------------------------|
| Preparation  | 30 Mins                        |
| Resting time | 10 Mins                        |
| Cooking time | 30 Mins                        |
| Portions     | 4                              |
| Appliance    | CombairSteamer V2000 from 2021 |

with tahini dressing

## Quinoa

---

150 g white quinoa  
200 ml vegetable bouillon  
100 ml apple juice  
1 tbsp olive oil  
1 tsp maple syrup  
2 tbsp sultanas  
½ tsp ras-el-hanout  
1 knife tip of turmeric  
1 knife tip of cinnamon  
½ chilli pepper, chopped  
½ tsp salt

## Salad

---

1 cucumber  
1 mango  
50 g salted pistachios, blanched and chopped  
3 sprigs of dill, chopped  
3 sprigs of coriander, chopped  
3 sprigs of parsley, chopped  
2 sprigs of mint, chopped





## Dressing

---

80 g tahini

75 ml lukewarm water

½ lemon, juice only

1 tbsp olive oil

1 knife tip of cumin powder

1 knife tip of cayenne pepper

½ tsp salt

## Quinoa

---

Wash and drain the quinoa. Put the quinoa in a porcelain dish along with the other ingredients and mix together well.

Cook the quinoa on a wire shelf in the middle shelf position at 100 °C for 30 minutes using the steam mode.

Take the quinoa out of the cooking space, cover and leave to swell for at least 10 minutes. Loosen with a fork.

## Salad

---

Peel and deseed the cucumber. Peel the mango. Cut the cucumber and mango into 5 mm cubes. Put in a bowl with the other ingredients and mix together with the lukewarm quinoa.

## Dressing

---

Whisk all the ingredients together in a bowl.

## Serving

---

Mix the dressing with the lukewarm quinoa salad.

## Cooking steps

---

**Steaming 100 °C for 30 Mins**

## Accessories

---

Wire shelf

1-litre porcelain dish



## Additional information

---

Created on

08.08.2025

