



UCCOOK

Crispy Quinoa Satay Salad

with patty pans & edamame beans

Hands-on Time: 50 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	629kJ	3058kJ
Energy	150kcal	732kcal
Protein	7g	34.2g
Carbs	18g	87g
of which sugars	2.3g	11.4g
Fibre	3.6g	17.3g
Fat	5.6g	27.2g
of which saturated	0.7g	3.6g
Sodium	101mg	493mg

Allergens: Sulphites, Peanuts, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Quinoa <i>rinse</i>
15ml	20ml	Black Sesame Seeds
360g	480g	Patty Pans <i>rinse, trim & cut into quarters</i>
300g	400g	Edamame Beans
2	2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
90ml	125ml	Peanut Butter
60ml	80ml	Satay Base <i>(30ml [40ml] Low Sodium Soy Sauce & 30ml [40ml] Lemon Juice)</i>
300g	400g	Cucumber <i>rinse & finely dice</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

1. KEEN ON QUINOA Place the quinoa in a pot with 900ml [1.2l] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 25-30 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. SESAME SEEDS Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. PAN-FRIED VEGGIES Return the pan to medium heat with a drizzle of oil. Fry the patty pans until charred, 5-6 minutes. In the final 2-3 minutes, mix in the edamame beans and spring onion whites until heated through and charred. Remove from the pan and season.

4. CRISPY QUINOA Return the pan to medium heat with a drizzle of oil. Fry ½ of the cooked quinoa until crispy, 5-6 minutes (shifting occasionally). Remove from the heat and season.

5. SLAY WITH SATAY In a bowl, combine the peanut butter with warm water in 5ml increments until loosened. Mix in the satay base. Loosen with more water (if necessary) until a drizzling consistency. To the remaining boiled quinoa, add the cooked patty pans and edamame beans, the cucumber, ½ the satay dressing and seasoning.

6. SENSATIONAL SALAD Plate up the quinoa salad and drizzle with the remaining satay dressing. Finish with the crispy toasted quinoa, the spring onion greens and the toasted sesame seeds.