



# Low FODMAP Asian Inspired Quinoa Salad

Serves: 4

Prep: 10 minutes

Cook: 20 minutes



Ingredients	Metric	Imperial
1 cup of tri-coloured quinoa cooked in 2 cups of water or our certified low sodium vegetable or chicken-style stock (or homemade low FODMAP stock)	196 g	6.9 oz
1 large red capsicum, large, ½ cm diced	225 g	7.9 oz
2 medium Lebanese cucumbers, ½ cm diced	246 g	8.7 oz
1 large carrot, grated	183 g	6.5 oz
½ cup fresh mint, chopped	25 g	0.9 oz
½ cup fresh coriander, chopped	25 g	0.9 oz
Juice of 2 lemons OR limes	55 g	1.9 oz
1½ tbsp of fish sauce (soy sauce for vegan option)	66 g	2.3 oz
2 tsp ginger, minced	10 g	0.4 oz
2 tsp sesame oil	10 g	0.4 oz
Chopped fresh chilli (optional)		

## Method

1. Rinse quinoa very well in a fine sieve\*. Cook quinoa by covering 1 cup with 1½ cups stock or water and microwave in a covered container for 10 minutes. Alternatively, to cook on the stove top, bring to the boil, then reduce heat to very low and cook covered for 10 minutes. Allow quinoa to rest (still covered) off the heat for a further 10 minutes. Place in a large bowl and fluff with a fork then allow to cool.  
\*It is very important to rinse your quinoa well or it will taste VERY bitter
2. While the quinoa is cooking prepare the vegetables and herbs then add to the quinoa and combine.
3. Add all dressing ingredients into the bowl and mix well.

## Serving Suggestion:

- Sprinkle with low FODMAP dukkah and perhaps drizzle with some garlic infused oil and some lemon juice.
- Serve with some lean cooked chicken, firm tofu, fish, a poached egg or crumbled feta cheese. For some crunch stir though some roasted walnuts, macadamias or pepitas.
- For added colour and flavour, add a tsp of turmeric to the quinoa and water before cooking it!

Nutrition Information (per serve)	
Energy	860 Kj / 206 cal
Protein	7.70g
Carbohydrates	32.70g
Sugar	10.50g
Total Fat	4.70g
Saturated Fat	0.60g
Fibre	6.20g