

Spicy Quinoa and Lupini Salad



A recipe to introduce you to lupinis, this crunchy and satiating legume! This meal will particularly please fans of spicy foods, but an alternative is proposed for a milder version.

Preparation 15 min

Cooking 15 min

Servings 4

Nutrition Facts (per serving)

Calories 400

Fat 19

Carbohydrates 37

Fibre 6

Protein 24

Sodium 305

Ingredients

- 500 ml (2 cups) water
- 250 ml (1 cup) quinoa, rinsed and drained
- 15 ml (1 tbsp) vegetable oil
- 3 green onions, chopped
- 250 ml (1 cup) carrots, sliced
- 1 red bell pepper, diced

- 750 ml (3 cups) napa cabbage, chopped
- 1 - 540 ml (19 oz.) can lupins, rinsed and drained (see note)
- Pepper and salt to taste

Vinaigrette

- 1 clove of garlic or 5 ml (1 tsp) minced garlic
- 30 ml (2 tbsp) sriracha (see note)
- 30 ml (2 tbsp) low-sodium soy sauce
- 30 ml (2 tbsp) toasted sesame oil

Note: Lupins are part of the legume family. You can find them in supermarkets where you normally find canned chickpeas, red beans, etc.

For a milder version, add 15 ml (1 tbsp) of sriracha and replace the second tbsp with 15 ml (1 tbsp) of rice vinegar.

Preparation

1. In a pot of boiling water over high heat, cook the quinoa. Let simmer covered at a medium temperature for 15 minutes.
2. Meanwhile, in a large skillet, heat vegetable oil over medium-high heat and add green onions and sliced carrots. Cook for 5 minutes, stirring occasionally.
3. Add red bell peppers and napa cabbage and continue cooking over medium heat for 5 minutes.
4. Add the lupins and mix well. Remove from heat and season to taste.
5. In a small bowl, mix all dressing ingredients with a fork.
6. Divide quinoa among 4 plates. Add the vegetable and lupine mixture and pour in the dressing. Mix and enjoy!

Notes

Can be kept for 3 days in the refrigerator or 3 months in the freezer.



Gabrielle Simard – Créatrice culinaire
Culinary Creator