

## QUINOA SALAD with SPRING VEGETABLES

CHEF ROBIN SONG of HOG & ROCKS



*This versatile salad can be made year-round based on what is available at the farmers market. Serve it hot or cold, mix ahead for a dinner party, or plate as a complete dish by adding a protein of your choice.*

### PREPARATION

**1.** Cook the quinoa by bringing the cooking liquid to a rapid boil with a bit of salt and then add in the dry quinoa. Cover the pot and turn the heat off. Let stand for 30 minutes and do not remove the lid. Also can be made in a rice cooker **2.** While the quinoa cooks, bring another pot of water to a boil. Season with a hefty amount of salt, creating the flavor of sea water. Set out a bowl of salted ice water prior to blanching vegetables. Quickly blanch vegetables in boiling water. Cooking time will vary based on size of vegetables: English peas will be seconds, snap peas 20 seconds, jumbo asparagus 30 seconds. **3.** Peel and segment the lemon, removing the membrane. Reserve all the juices as you break apart the segments with your fingers to small pieces, about ¼ in. or so. Rough chop almonds. Set aside. Tear mint and set aside. **4.** Once the asparagus is cooled there are options: you can roast them in sauté pan with a little oil, grill them, or use them as is. Cut the peas into bite size pieces. **5.** To assemble, toss together in a large bowl the quinoa, blanched vegetables, lemon segments and juice, vinegar, torn mint, almonds, olive oil. Taste for salt and acidity. If you are mixing the salad earlier in the day you might consider leaving out the nuts and mint until it is served.

### INGREDIENTS

- 1** cup dry quinoa
- 2** cups water, vegetable, or chicken stock
- 2** tspn. kosher salt
- ½** lb sugar snap peas
- 1** lb English peas or ½ cup shelled peas
- 1** lb jumbo asparagus
- ½** cup toasted almond
- 1** lemon
- 2** Tbsp. white wine vinegar
- ¼** cup extra virgin olive oil
- 4** sprigs of mint
- Kosher salt

