

Nutritious & Delicious Salad Recipes



Vietnamese Prawn and Quinoa Salad

Ingredients (serves 6)

For the dressing:

- 12 Tbls freshly squeezed lime juice
- 2 Tbls Asian fish sauce
- 4 Tbls olive oil
- 3 Tbls sugar
- 1 Tsp crushed red pepper flakes, plus more if desired

For the salad:

- 500g king prawns, peeled de-veined & cooked

- 800g quinoa, cooked and cooled down
- 300g red pepper, cored and cut into thin bite-sized strips
- 350g carrot, peeled and shredded
- 350g cucumber, peeled, seeded and finely diced
- 2 spring onions, finely chopped
- ¼ cup chopped fresh coriander
- 75g pea shoots

Method

1. Make the dressing by combining the lime juice, fish sauce, olive oil, sugar and crushed red pepper flakes in a medium bowl.
2. Whisk until the sugar is dissolved.
3. Add shrimp to the dressing and let marinate until ready to assemble the salad.
4. Add the red pepper, carrot, cucumber and scallions to the quinoa.
5. Right before serving, add the dressing, shrimp, pea shoots and cilantro and toss well.
6. Taste and adjust seasoning with more sugar or crushed red pepper flakes if necessary.
7. Serve cold.

Key Nutrients

Portion	457g	100g	
Calories	406 (kcal)	89 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	11.4g	2.5g	Low
Saturates	1.7g	0.4g	Low
Sugars	19.9g	4.3g	Low
Salt	2.10g	0.50g	Med
Protein	27.9g	6.1g	–

Low Fat

Allergen Info: Crustaceans, Fish