

Chimichurri Quinoa Green Salad



Makes (salad): ~2 servings

Makes (quinoa): 1 cup cooked

Makes (chimichurri): 1¼ cup

INGREDIENTS

Chimichurri

1 cup flat-leaf parsley (tightly packed)

1 cup cilantro (tightly packed)

1 medium jalapeño (sliced)

1/3 cup finely diced red onion

2 – 3 cloves garlic (peeled)

2 tbsp. lemon juice

2 tbsp. red wine vinegar

½ tsp. salt

½ tsp. black pepper

½ tsp. red pepper flakes

½ cup olive oil

Quinoa

1/3 cup quinoa

2/3 cup vegetable broth

2 tsp. salt

Red Wine Dijon Vinaigrette

Recipe can be found [here](#)

Sweet Potato

1 small sweet potato (washed, sliced to ¼" thickness)

**1 tsp infused garlic oil (see Notes)

½ tsp. salt or to taste

black pepper to taste



INGREDIENTS (cont.)

Other Ingredients

3 – 4 cups green leafy lettuce

3 – 4 stalks of kale (leaf – finely sliced;
reserve stems for juicing)

6 slices English cucumber

Garnish

almonds

**vegan feta (see Notes)

** activated superfood seeds (see Notes)

red pepper flakes

Chimichurri Quinoa Green Salad

Chimichurri

1. Add all ingredients except the oil into a food processor. Lightly pulse a few times.
2. Slowly stream the olive oil into the food processor while pulsing a few more times. You should still be able to see tiny visible chunks in the sauce. It should not be a paste.
3. Set ¼ cup aside.
4. Refrigerate the rest and use as marinade or dressing.

Quinoa

1. Pour the quinoa into a fine mesh strainer. Rinse under running water for a minute or two. Rinsing is crucial as this removes bitterness (saponins) on the outside of the quinoa.
2. In a saucepan, add the rinsed quinoa, broth and 1 tsp. salt. Bring the mixture to a boil over medium heat.
3. Cover the saucepan and simmer the mixture on low heat.
4. Simmer until all the liquid is absorbed ~ 15 mins.
5. Once the liquid is all absorbed, remove the saucepan from heat. Let the quinoa steam in the saucepan for ~ 5 mins.
6. After ~ 5 mins, fluff the quinoa with a fork. Set aside and cool.

Chimichurri Quinoa

1. In a medium skillet on medium low heat, add ¼ cup chimichurri sauce. Sauté until fragrant and slightly sizzling stirring often.
2. Add the cooked quinoa. Stir to combine. Sauté until the sauce thickens and coats the quinoa.
3. Season with 1 tsp. salt or to taste. Stir evenly to combine. Turn off the heat. Set aside.

Sweet Potato

1. Preheat the oven to 420°F.
2. Place sweet potatoes on a lined baking sheet. Toss with oil, salt and black pepper to taste.
3. Roast in the oven for ~15 mins, flipping the sweet potatoes halfway through.
4. After ~15 mins, remove sweet potatoes from the oven. Set aside.

Assembling the Salad

✂ Only assemble the salad right before serving time.

- In two individual serving bowls, place the leafy green lettuce, kale, cucumber and roasted sweet potatoes.
- Add the chimichurri quinoa on top.
- Garnish with almonds, superfood seeds and feta. Red pepper flakes is optional.
- Serve immediately with dressing on the side.

NOTES

- I used the infused garlic oil from La Tourangelle Artisan oils, feta from Violife and activated superfood seeds from Pimp My Salad.
- You can use the chimichurri sauce as dressing for this salad instead of the red wine Dijon vinaigrette.
- Excess chimichurri sauce can be kept in an airtight container in the refrigerator for up to 2 weeks.