

Quinoa Bowl

This filling Indonesian salad bowl of colorful raw veggies is served over warm quinoa with a spicy/sweet peanut butter dressing. Pour a Plaga Sauvignon Blanc or a Bintang beer and think of Bali's warm seas and beautiful people.



Ingredient list for 2 servings

Spicy Peanut Sauce

- 1/3 cup peanut butter
- 1 tablespoon soy sauce
- 2 tablespoons maple syrup
- 3 tablespoons lime juice
- 1 teaspoon Thai chilli sauce or 1/4 teaspoon red pepper flakes
- 3-4 Tbsp water (to thin)

Salad Bowl

- 1/2 cup white or red quinoa - rinsed & well drained
- 2 cups sugar snap peas - cut in half
- 1/2 medium red bell pepper - thinly sliced
- 2 cups thinly shredded red cabbage
- 2 whole carrots - thinly sliced with a knife or mandolin

Optional Garnishes

- Cilantro
- Lime wedges
- Red pepper flakes



- Heat a small saucepan over medium heat and add rinsed, drained quinoa. Heat for 3-4 minutes, stirring frequently, to remove excess liquid and add a nutty flavor to the quinoa.
- Add 1 cup of water, stir, and bring to a low boil. Reduce heat to a simmer, cover, and cook for about 18-20 minutes or until all liquid is absorbed and quinoa is tender. Fluff with a fork, remove lid and set aside.
- Make peanut sauce by adding peanut butter, soy sauce, maple syrup, lime juice, and Thai chilli sauce/red pepper flakes to a small mixing bowl; whisk to combine. Then add water 1 tablespoon at a time until semi-thick and pourable.
- Taste and adjust flavor as needed, adding more soy sauce for saltiness, lime juice for acidity, maple syrup for sweetness, or chilli sauce/red pepper for heat. You want this to be a balance of tangy, sweet, salty, and spicy.
- To serve, divide quinoa between 2 serving bowls and top with sugar snap peas, red bell pepper, red cabbage and carrots. Serve with peanut sauce and any additional toppings or garnishes.

Note: The spicy peanut sauce will keep for 4-5 days in the refrigerator.