

Asian Quinoa and Shrimp Salad



This dish is a burst of colour and flavour—a mix of crisp veggies, comforting quinoa, shrimp, and a zesty sesame dressing that ties everything together beautifully. It's the perfect meal for busy days when you need something fresh, satisfying, and super easy to whip up. Plus, it's versatile enough to enjoy cold or slightly warmed.

Preparation 10 min

Cooking 10 min

Portion 2

Nutrition Facts (per serving)

Calories 455 kcal

Fat 18 g

Carbohydrates 42 g

Fibre 8 g

Protein 31 g

Sodium 720 mg

Inredients

Dressing:

- 30 ml (2 tbsp) sesame oil
- 15 ml (1 tbsp) mirin
- 15 ml (1 tbsp) soy sauce

Salad:

- 250 ml (1 cup) purple cabbage, shredded
- 250 ml (1 cup) cooked quinoa
- 125 ml (½ cup) broccoli florets
- 1 orange or red bell pepper, cut into matchsticks
- 1 carrot, peeled and cut into matchsticks

Topping:

- 225 g (8 oz) cooked shrimp
- 1 scallion, sliced
- Fresh cilantro, to taste
- Sesame seeds, to taste
- Red chili flakes, to taste (optional)

Preparation

1. In a large salad bowl, whisk together the dressing ingredients.
2. Add the salad ingredients to the bowl and toss until well coated.
3. Top with shrimp, scallions, cilantro, sesame seeds, and optional chili flakes.
4. Serve immediately and enjoy either cold or slightly warmed!

Notes

Store in the refrigerator for up to 4 days. This recipe cannot be frozen.



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