

HOMESPUN

Chef Services

Spring Pea Quinoa Salad

by Chef Jason Jimenez



Serves 4-6

INGREDIENTS

- 2 T Olive Oil
- 2 cups Golden Quinoa
- 2 Shallots, *minced*
- 4 cups Water
- 1 cup Cucumbers, *Diced*
- 1 cup English Peas
- 1 cup Cherry Tomatoes, *Halved*
- 8-10 Spears of Asparagus
- ½ cup Pickled Peppers, *Chopped*
- 2 T Parsley, *Chopped*
- 1 Lemon, *Zested & Juiced*
- 4 oz Feta Cheese
- Crushed Black Peppers
- Garnish with EVOO or Basil Oil

PROCEDURE

- In a medium pot, begin to heat 1 tablespoon olive oil and water over medium heat. Using a fine-mesh strainer rinse quinoa with cold water. Add rinsed quinoa to the pot. Bring to a boil, then reduce heat to a simmer and cook for 10 minutes, covered with a fitted lid.
- Once quinoa is cooked, transfer to a large plate or 9x13 dish. Squeeze one lemon over quinoa and chill in the refrigerator for 20-30 minutes or until cool.
- To blanch English peas and asparagus, fill a medium pot with 4 cups of water and ¼ cups of kosher salt and bring to a boil. Set up an ice bath in a medium bowl next to the stovetop. Once water is at a rolling boil add peas and blanch for 1 minute, then strain and place into an ice bath. Once peas are cool, strain and set aside. Repeat this process for asparagus. Then cut asparagus into coins.
- In a large bowl, add English peas, cucumbers, asparagus, tomatoes, pickled peppers, parsley, 1 tablespoon of olive oil, and lemon zest. Season with salt and cracked black pepper.
- Top the chilled golden quinoa platter with vegetable mixture. Garnish with Feta and EVOO or Basil Oil.

CHEF NOTES

- This recipe would make an easy go-to for your weekly meal prep. The salad utilizes the bountiful vegetables available in the spring and the feta gives this dish a great savory finish.