PERUVIAN · LUNCH · SIDE

Peruvian Quinoa Salad with Butter Beans and Avocado

75 min · Serves 4 · 329 kcal a serve · Video 6:45 · Wild Dish

Vegan · Gluten-free ingredients · No nuts listed

Quinoa and butter beans give about 11 g of protein and 11 g of fibre a serve, plus folate, magnesium and iron. Avocado supplies the richness, with only a tablespoon of oil in the whole salad.

Diet notes: Low saturated fat (1.5 g, 4% of the energy); DASH-friendly (410 mg sodium a serve).

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Ingredients 13 · SERVES 4

- ☐ 150 g **quinoa**, boiled about 12 minutes and drained
- ☐ 100 g dried butter (lima) beans, soaked overnight and cooked
- ☐ 25 g **coriander leaves**, finely chopped
- ☐ 2 **limo chillies** (or other red chillies), deseeded and finely chopped: one for the salad, one for the dressing
- ☐ 1 **ripe avocado**, thinly sliced on the diagonal
- ☐ ½ **red onion**, finely diced
- ☐ 1 large **tomato**, deseeded and finely diced
- ☐ 2 **limes**, juiced for the dressing, plus a squeeze over the avocado
- ☐ 1 tbsp **olive oil** (extra virgin; Martin uses sacha inchi oil)
- ☐ **pink salt** to taste (about ¾ tsp)
- ☐ **black pepper**, a few grinds
- ☐ 10 **physalis** (cape gooseberries) for the coulis and garnish (optional)
- ☐ 1 tbsp **sugar** for the coulis (optional)

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Boil the quinoa for about 12 minutes until just tender (red quinoa 14, black 16), then drain and cool. Cook the soaked butter beans until tender, then drain.
2. Optional coulis: simmer the physalis and sugar with enough water to half-cover until soft and reduced by two-thirds, then blend smooth and cool.
3. Whisk the lime juice, one chopped chilli and the olive oil into a dressing.
4. Mix the diced red onion and tomato with a little coriander and a squeeze of lime to make a quick salsa. 1:30
5. Toss the quinoa with the butter beans and the remaining coriander and chilli, season, and add about 3 tbsp of the dressing. Plate with fanned avocado squeezed with lime, the salsa on top and a few drops of coulis. 2:31

> **Tip** Serves 4 (our estimate). The dried beans need soaking overnight (not in the time); a drained 400 g can of butter beans makes it a 25-minute salad. Skip the coulis for no added sugar.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
329 kcal 1,380 kJ	11 g 22% of a day	49 g 37 g net · 9 g sugars 18% of a day

FIBRE	FAT	SODIUM
11 g 40% of a day	11 g 1.5 g saturated 15% of a day	410 mg 18% of a day

Energy from net carbs 51% · protein 15% · fat 34%

High in (20%+ of a day) Folate 36% · Vitamin C 34% · Magnesium 29% · Vitamin K 29% · Vitamin B6 25% · Iron 21% · Zinc 20%

Source of (10–19%) Potassium 19% · Vitamin E 18% · Omega-3 13% · Selenium 11%

Recipe and video: Wild Dish (@WildDish) on YouTube — youtube.com/watch?v=VmkAgcgU_N0, published 26 November 2015. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/martin-morales-peruvian-quinoa-salad