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LARISSA TABORYSKI

QUINOA SALAD BROCCOLI & DRIED APRICOTS

STEAM MODE

Ingredients:

½ - cup rinsed quinoa

2 - cups, small broccoli florets

Remaining Salad Ingredients:

6 - dried apricots, chopped

¼ - cup, currants

3 - scallions, finely chopped

¼ - cup fresh Italian parsley leaves, chopped

½ - cup pistachio nuts, lights toasted

Combine with the cooked quinoa and broccoli when cool.

Vinaigrette:

1 - medium lemon, zest and juice

¼ - cup olive oil

¼ - teaspoon paprika

¼ - teaspoon ground cumin

¼ - teaspoon salt

Whisk the ingredients together and toss with the salad.

When cooking quinoa, remember a little goes a long way! If you want to have some quinoa on hand for other meals then go ahead and steam a whole cup, otherwise ½ cup will be enough to make this salad to feed 4 people.

The only two ingredients that need steaming are the quinoa and the broccoli, plan 15 minutes for the quinoa and about 5 for the broccoli florets.

Preparation:

Preheat the Steam Oven in the Steam Mode.

Place the quinoa in a small solid pan and add a touch of salt and just enough water to cover.

Steam for 15 minutes then set aside to cool. Any residual water will be absorbed during this time.

Place the broccoli florets in a

small perforated pan and steam for 4-5 minutes until tender, then set aside to cool.



WRITE YOUR NOTES: