

# Quinoa-Orange Salad with Lime-Honey Dressing (vegetarian)

Simple to make, but hard to resist. This summer salad with orange-flavored quinoa, caramelized onions and a refreshing lime-honey dressing to round it off, is a must for barbecues and perfectly suited for a light dinner.

Preparation time: **30 min** + Cooking time: **20 min** = **Total time: 50min**

Serves 4 people.

- 2 Oranges
- 210g Quinoa
- 6 tb. Olive oil
- 3 Big onions, in thin half-rings
- 1 Small onion, minced
- 2 tb. Sugar
- 160g Green beans, in 1cm pieces
- 300g Sweet Corn
- 250g Cherry-tomatoes, quartered
- 1 Cucumber (~375g), cut into 1 cm thick quarter rings
- 1 Avocado (ripe) cut into bite-sized pieces
- A handful Flat leaf parsley, minced
- ½ Lime
- 2 tb. Honey
- Salt
- Pepper



## Simple Steps to Succeed

1. Grate the zest of the oranges. Fillet the oranges: Cut off the top off the orange, then cut the pith downward while moving with the curved shape of the orange. Try to cut off as little of the flesh as possible. Separate the wedges and take off all the remaining pith. Contain the orange juice that emerges while cutting in a bowl.
2. In a sieve, wash the quinoa thoroughly to prevent it becoming bitter. Place in a pan with twice the volume of water. Add salt and orange zest. Heat until cooking, lower the heat and let it cook until soft.
3. In a pan, heat 2.5 tb. of olive oil. Add the onion rings and braise lightly. Do not forget to stir frequently.
4. In the meantime use a second pan, heat 1.5 tb. of olive oil. Add the minced onion, let it fry for a minute. Add the green beans and roast them gently.

5. Check on the quinoa, once it is soft to the taste, turn off the heat and put into a big bowl.
6. Add the sugar to the onion half-rings. Let it caramelize for a few minute, then turn off the heat.
7. Add sweet corn, cherry-tomatoes, cucumber, avocado, caramelized onion and parsley. Half the orange wedges and add them as well. Mix well.
8. For the dressing, squeeze the lime and mix it with 2tb of olive oil. Add the honey, orange juice, season with salt and pepper to taste.
9. Add the sauce to the salad and mix well.