



Recipe name Quinoa salad with Tuna tataki

Serves 2

Ingredient	Measurement	Weight
MQ RTE Quinoa (CER032)	Pouch	1
Albercore tataki	g	200
Spring onion (washed, finely sliced)	each	4
Cucumber (deseeded, finely diced)	each	½
Pickled ginger (chopped)	g	10
Piquillo pepper (PEP153)	g	20
Dressing		
Soy sauce (SCE067)	tbsp	2
Fish sauce (SCE265)	tsp	1
Chilli pepper flakes	tsp	1
Cayenne pepper (SPI037)	tsp	1
Toasted black sesame seeds (SEE021)	g	5
Toasted white sesame seeds (SEE020)	g	5

Method

1. Make the dressing by whisking all the dressing ingredients together
2. Take a large mixing bowl add the quinoa and break up.
3. Add the spring onion, cucumber, ginger and piquillo.
4. Add the dressing and mix together.

5. Put in a wide bowl and top with the tuna, sesame seeds and purple amaranth.