

Curry Cashew Quinoa Salad

Instructions

1. Place the quinoa in a small bowl and cover with cool water. Soak for 5 minutes and then strain with a fine mesh strainer, rinsing well.
2. Bring the vegetable broth to a boil in a medium-sized pot. Add 1 ½ teaspoons of curry powder, the drained quinoa, and a pinch of salt. Reduce the heat to a simmer, cover, and cook until the liquid has been absorbed, about 15 minutes. Set aside to cool, and then refrigerate until chilled.
3. Combine the chilled quinoa, pineapple, onion, parsley or cilantro, and chicken. Gently toss to combine.
4. Make the dressing by mixing together olive oil, honey, rice vinegar, the remaining 1 teaspoon of curry powder, and lemon juice in a small jar. Add salt and pepper and shake to combine.
5. Pour 5 tablespoons of dressing over the quinoa mixture and gently toss to combine. Season with additional salt and pepper to taste. Right before serving, stir in the chopped cashews. Add additional dressing if desired.

Ingredients

Salad Ingredients:

- 1 cup dry quinoa
- 2 cups vegetable broth
- 2 ½ tsp curry powder, divided
- Kosher salt
- ¾ cup diced fresh pineapple
- ⅓ cup diced red onion
- ⅓ cup fresh parsley or cilantro, chopped
- 1 ½ cups diced cooked chicken breast
- ½ cup chopped cashews

Dressing Ingredients:

- 2 tbsp olive oil
- 1 tbsp honey
- 1 tbsp rice vinegar
- 4 tbsp freshly squeezed lemon juice
- ¼ tsp kosher salt
- ⅛ tsp ground black pepper

Grocery List

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|-----------------------------|---------------------|
| ○ Quinoa | ○ Olive oil |
| ○ Vegetable broth | ○ Honey |
| ○ Curry powder | ○ Rice vinegar |
| ○ Pineapple | ○ Lemon/lemon juice |
| ○ Red onion | ○ Black pepper |
| ○ Fresh parsley or cilantro | |
| ○ Chicken breast | |
| ○ Cashews | |
| ○ Kosher salt | |