

Quinoa tabbouleh, marinated pepper and onion pickles, fresh herbs, Chermoula sauce |

Recipe for 12 Tapas

Description

A salad that will refresh you, leave it to stand for 3 hours after preparation, this will allow the flavors to be diffused.

Note

You have a beautiful choice of colors to succeed in an interesting plating.

Ingredients

Onion pickles

- 100 Ml Red wine vinegar
- 100 Ml Water
- 100 Gr Sugar
- 1 Unit(s) Red onion

- Salt and pepper
- Vegetable oil

Quinoa

- 1 Unit(s) Star anise
- 2 Unit(s) Cloves
- 125 Ml Quinoa

- Salt and pepper
- Vegetable oil

Herbs

- 4 Sprig(s) Parsley
- 4 Sprig(s) Fresh cilantro
- 1 Unit(s) Lemon juice
- 75 Ml Olive oil

- Salt and pepper
- Vegetable oil

Carrots and peppers

- 400 Gr Carrot
- 400 Gr Red pepper
- 2 Tbsp Raisins blonds
- 1 Tsp Cumin powder
- 2 Tbsp Olive oil

- Salt and pepper
- Vegetable oil

Chermoula sauce

- 4 Sprig(s) Parsley
- 4 Sprig(s) Coriander
- 100 Ml Olive oil
- 1 Clove(s) Garlic
- 4 Tbsp Xérès vinegar
- 2 Tsp Paprika

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **45 mins**
- Resting time **30 mins**

Preparation

Peel the carrots, garlic and red onion.

Cut the carrots and the pepper into brunoise (small cubes).

Peel and slice the red onions.

Finely chop the dill and garlic.

Wash and finely chop the parsley and cilantro. (mixtures of herbs and Chermoula)

Squeeze the lemon for its juice.

Onion pickels

Bring the water, sugar and vinegar (brine) to a boil.

Cover the sliced onions with the brine, close the jar or something else, ideally place everything in a refrigerator.

Quinoa

Rinse the quinoa.

Have the spices in a large saucepan of salted boiling water, put the drained quinoa in it, cook (al dente).

Drain the quinoa once cooked, set it aside.

Herbs

In a bowl, combine the cilantro and chopped parsley.

Season with lemon juice, salt and olive oil.

Carrots and peppers

Brown the carrots in a pan, cook for 2 to 3 minutes, add the peppers. Add the cumin and the blond raisins.

Season to taste.

Chermoula sauce

In a bowl or food processor, mix the ingredients together and emulsify with olive oil, adjust the seasoning.

Plating

Combine the different recipes together in several layers, serve on your plates.

Bon appétit!