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Peruvian Inspired Quinoa Tabbouleh

BY [ALYSSA HOLDER](https://honestcooking.com/author/alyssaholder/) (<https://honestcooking.com/author/alyssaholder/>)



The Quinoa Tabbouleh served at Inkaterra Machu Picchu Pueblo Hotel puts a Peruvian twist on the classic dish.

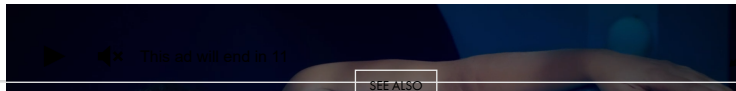
Although Tabbouleh salad has its roots in Lebanese cuisine, the Quinoa Tabbouleh served at [Inkaterra Machu Picchu Pueblo Hotel](https://www.inkaterra.com/inkaterra/inkaterra-machu-picchu-pueblo-hotel/the-experience/) (<https://www.inkaterra.com/inkaterra/inkaterra-machu-picchu-pueblo-hotel/the-experience/>) puts a Peruvian twist on the classic dish. The hotel's version of the salad uses quinoa, which is a staple food in Peru and known as the "Mother Grain" of the Incas. Additionally, the salad includes other Andean ingredients such as fava beans, chilis, and capers. The vinaigrette is also made with Peruvian black mint. By incorporating these local ingredients, the quinoa tabbouleh salad becomes a unique Peruvian dish that highlights the flavors and ingredients of the region.

What makes this salad extra special?

Using quinoa makes this dish an excellent source of protein and fiber. Unlike bulgur wheat tabbouleh, quinoa has a more delicate texture, making it feel less heavy in the mouth and stomach. For vegans and vegetarians, quinoa is an excellent choice due to its high protein content and ability to absorb flavors.

while bulgur must be soaked for a few hours or overnight, quinoa can be cooked within minutes. Leave the salad to sit in the fridge overnight, allowing it to absorb the fresh flavors of the mint and garlic vinaigrette. Finally, just before serving, add the creamy avocado for the perfect finishing touch.

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PERUVIAN INSPIRED QUINOA TABBOULEH

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No reviews



Author: Inkaterra Machu Picchu Pueblo Hotel Total Time: 1 hour Yield: 2

 PIN RECIPE (<https://www.pinterest.com/pin/create/bookmarklet/?url=https%3A%2F%2Fhonestcooking.com%2>)

This Peruvian style Tabbouleh salad is a must-try. It combines nutritious quinoa with avocado, tomatoes, aji pepper, buttery fava beans. It's rounded off with a refreshing mint and garlic vinaigrette.

INGREDIENTS

SCALE

Ingredients:

- 2 cups cooked quinoa (preferably red or black quinoa), al dente
- 1/4 cup chopped yellow aji pepper or sweet chili
- 1 cup cubed tomatoes (preferably halved cherry tomatoes)
- 1/4 cup dried fava beans (1/2 cup cooked)

For the vinaigrette:

- 2 small shallots, finely chopped
- 1/4 cup olive oil
- 1 oz. Peruvian black mint, chopped – plus more for garnish (can substitute regular fresh mint)
- 1 tablespoon apple cider vinegar
- Salt/pepper
- Pinch of garlic

COOK MODE PREVENT YOUR SCREEN FROM GOING DARK

Se ha retirado el anuncio. [Detalles](#)

INSTRUCTIONS

For the quinoa

- 1 To make 2 cups of quinoa, follow these simple steps:
- 2 Rinse the quinoa in a fine mesh strainer under cold running water to remove any dirt or debris.

- 3 In a medium-sized pot, combine 2 cups of water and 1 cup of quinoa. Add a pinch of salt, if desired.
- 4 Bring the water to a boil over high heat.
- 5 Reduce the heat to low, cover the pot, and let the quinoa simmer for 15-20 minutes. Or until all the water has been absorbed.
- 6 Remove the pot from the heat and let the quinoa sit, covered, for an additional 5-10 minutes.
- 7 Fluff the quinoa with a fork and serve immediately or store it in an airtight container in the fridge for later use. Note: The ratio of water to quinoa is 2:1, so you can adjust the recipe accordingly if you want to make more or less quinoa.

For the chilis

- 1 Make sure the chilis are fresh and well-rinsed.
- 2 Finely cut them, removing all seeds – unless you prefer a hot and spicy dish.

For the tomatoes

- 1 Cut the tomato into squares. You may leave the seeds; it adds to the richness of the salad. If your tomatoes are not organic, ensure they are skinned before cutting.

For the fava beans

- 1 To make 1/2 cup of cooked fava beans, you'll need about 1/4 cup of dried fava beans.
- 2 Start by rinsing them in cold water.
- 3 Soak them overnight in enough water to cover them by a few inches.
- 4 The next day, drain the beans and rinse them again.
- 5 In a saucepan, add the soaked fava beans and enough water to cover them by about an inch.
- 6 Bring the water to a boil, reduce the heat to a simmer and let the beans cook for about an hour, or until they are tender.
- 7 Drain any excess water and your cooked fava beans are ready

For the avocado

- 1 Choose any avocado available; this recipe uses Hass because it is usually creamier.
- 2 Once the avocado is cut or sliced, place it on a plate and sprinkle with salt and drops of lemon to keep it fresh and tasty.
- 3 Even a good avocado with no salt may give you different results once the salad is made.

For the vinaigrette

- 1 In a food processor, combine all of the ingredients and blend until smooth. Taste, and add more salt and/or pepper if necessary. Use as desired!
- 2 Place all the ingredients in a transparent container, mix well, and place in the fridge.

For serving

- 1 Mix all the ingredients except the avocado. Place mixture in the fridge for at least 30 minutes before serving to ensure it is chilled.
- 2 Once the Tabbouleh is served, place the avocado slices on the salad.



Prep Time: 40



Cook Time: 20



Category: Appetizer



Method: Boiling



Cuisine: Peruvian Inspired

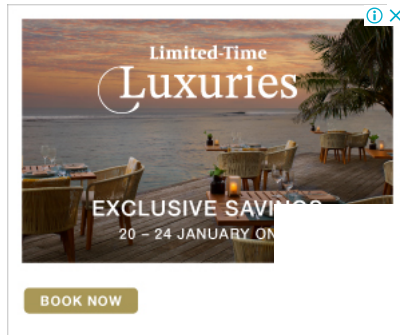
NUTRITION

Serving Size: 2

Keywords: quinoa tabbouleh, peruvian, vegan, gluten free, vegetarian, fava beans, chilis

DID YOU MAKE THIS RECIPE?

Share a photo and tag us — we can't wait to see what you've made!



ALYSSA HOLDER (<https://honestcooking.com/author/alyssaholder/>).

Alyssa Holder is a contributing food and travel writer

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HC

Susan • January 23, 2024 at 7:14 am (<https://honestcooking.com/peruvian-inspired-quinoa-tabbouleh/#comment-2011190>)

The photo is not showing hole fava beans, nor is it showing the capers mentioned in the first paragraph, nor is it showing the purple onion that you can visually see in the photograph. So what is the actual recipe?

→ [REPLY](#)



Kalle Bergman (<https://www.honestcooking.com>)

• January 24, 2024 at 1:40 am (<https://honestcooking.com/peruvian-inspired-quinoa-tabbouleh/#comment-2011355>)

Thanks Susan, we are checking with the hotel if they have changed the recipe since providing the photo.

→ [REPLY](#)

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