



Zesty Quinoa & Salmon Salad

Ingredients (Serves 6)

6 x 110g Salmon fillets, skinless & boneless
 200g quinoa
 400ml water
 1 tsp olive oil
 2 tsp extra-virgin olive oil
 3 limes, juiced
 2 tsp ground cumin
 1 tsp salt
 ½ tsp chilli pepper flakes, or more to taste
 2 x 250g punnets halved cherry tomatoes
 2 x 400g tins blackeye beans, drained and rinsed
 150g rocket leaves
 12 spring onions, finely chopped
 1 bunch chopped fresh coriander
 salt and ground black pepper to taste

Method

1. Preheat your oven to 180°C
2. Coat the salmon in the olive oil and a little seasoning and place on a baking tray and cook till cooked.
3. Bring the quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender (but with a bite), 10 to 15 minutes. Set aside to cool.
4. Whisk olive oil, lime juice, cumin, 1 teaspoon salt, and red pepper flakes together in a bowl.
5. Combine the quinoa, tomatoes, blackeye beans, and spring onions together in a bowl.
6. Pour dressing over quinoa mixture; toss to coat.
7. Stir in the coriander; season with salt and black pepper.
8. Serve over the rocket leaves.

Key Nutrients

Nutrient	Per 100g	% RNI	Per 419g Serving	% RNI	
Energy kJ	518	6%	2170	25%	
Energy kcal	124	6%	518	25%	
Fat	4.9g	7%	20.1g	31%	Med
Saturates	1.0g	5%	4.0g	20%	Low
Total Sugars	1.2g	1%	5.2g	5%	Low
Salt	0.30g	5%	1.10g	18%	Low
Protein	9.5g	-	40.0g	-	-

Reference Intake of an Average Adult (8400kJ/2000kcal)

Allergen Info: Fish