

Nutritious & Delicious Hot Pot Recipes



Hot Quinoa Pots – Salmon Supreme (450g)

Ingredients (serves 1)

75g Salmon (steamed)
100g Quinoa (pre-cooked - weight after cooking)
50g Peas (cooked & refreshed)
75g Mung Beans (soaked and cooked)
75g Green Beans (cooked & refreshed)
50g Green Lentils (soaked and cooked)
5g Arame (soaked)
5g Parsley (chopped)
2.5 tsp Olive Oil
Salt
Pepper

Method

1. Prepare all the ingredients.
2. Heat, season and gently mix together.
3. Place in the pot.

Key Nutrients

Nutrient	Per 100g	% RNI	Per 450g Serving	% RNI	
Energy kJ	511	5%	2300	26%	
Energy kcal	122	6%	549	27%	
Fat	4.5g	6%	20.4g	29%	Med
Saturates	0.8g	3%	3.2g	17%	Low
Total Sugars	1.2g	1%	5.4g	6%	Low
Salt	0.10g	1%	0.30g	5%	Low
Protein	8.8g	-	39.6g	-	-

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

Allergen Info: Fish