



LEMON HONEY SOY SALMON WITH GREENS AND QUINOA

Courtesy of: Harriet Walker



Method:

1. Pre-heat oven to 180C.
2. Chop sweet potato into 1cm cubes, lightly coat in olive oil and bake for 25-30 minutes until soft.
3. In a small pan, heat and mix lemon juice, honey and soy into a glaze and paint the individual salmon fillets. Bake for 30-40 minutes until cooked through – cooking time will depend on fillet thickness.
4. Add water and quinoa to a pan with a pinch of salt and simmer until cooked for approximately 15 minutes.
5. Boil a pan of water and blanch broccoli for 2 min until just soft, remove from water and refresh in cold water.
6. Chop broccoli into small florets.
7. Finely slice spring onion.
8. In a hot pan, dry cook pine nuts for 1 minute, stir continuously until lightly browned.
9. Add quinoa, sweet potato cubes, broccoli, and pine nuts into a bowl. Mix through 2 tbs olive oil and a pinch of salt.
10. Spoon quinoa mixture evenly into four dishes and top with a baked fillet.

Ingredients:

- 4 150g salmon portions (approx. 600g)
- 2 tbs honey
- 2 tbs dark soy
- 2 lemons, juiced
- 1 cm grated ginger
- 100g quinoa
- 1 1/4 cups water
- 250g sweet potato
- 2 spring onions
- 200g broccoli
- 75g pine nuts
- 1 tbs olive oil
- Salt

Nutrition Information

Serves 4 people.

Nutrient	Per serve
Energy	2590 kJ
Protein	40 g
Fat	38.5 g
Saturated Fat	5.7 g
Carbohydrate	26 g
Sugars	17 g
Fibre	5.6 g

HOT TIPS

The high protein and quality carbohydrates in this dish make it a great meal for recovery.

