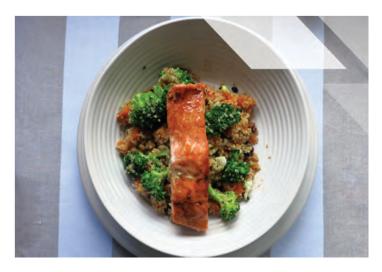


LEMON HONEY SOY SALMON WITH GREENS AND QUINOA

Courtesy of: Harriet Walker



Method:

1. Pre-heat oven to 180C.

Chop sweet potato into 1cm cubes, lightly coat in olive oil and bake for 25-30 minuted until soft.
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 11/4 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.