



Crispy Skin Salmon & Quinoa

This is one of my favourite dishes. It's quick and easy to prepare and packed full of nutrients and flavour. Salmon provides protein and omega 3s. Quinoa is a complete protein, full of essential amino acids, calcium and iron. Plenty of vegetables provide essential vitamins and minerals. A zesty touch of citrus tenderizes and complements the salmon perfectly.

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Ingredients

Salmon

4 salmon fillets, skin on
Juice from 1 orange
Juice from 1 lemon
1 tsp olive oil
1 tsp honey
½ tsp salt
¼ tsp pepper

Quinoa

1 cup multi-coloured quinoa
½ small red onion, finely diced
1 cup asparagus, chopped
½ zucchini, finely diced
1 large carrot, finely diced
½ cup fresh snow peas
2 cups leafy greens; kale, spinach, rocket
1 tbsp olive oil
1 tbsp fresh lemon juice
½ tsp salt
¼ tsp pepper

Preparation

Salmon

1. Marinate the salmon, skin side up in the lemon and orange juice, honey, salt and pepper for 10 – 15 minutes.
2. Heat pan to medium-high. Let it get nice and hot and add olive oil.

3. Remove salmon from the marinade and pat dry with paper towel. Sprinkle the salmon skin with Himalayan rock salt.
4. Place the salmon skin side down on the pan, using a spatula gently lift the skin away from the pan so it doesn't stick, cook for approx. 2 minutes.
5. Turn salmon over and cook for another 2 minutes. Make sure the salmon is still slightly rare inside when you remove it from the grill because it will keep cooking after you remove it.

Quinoa

The trick to avoiding mushy, tasteless quinoa is not to overcook it. Its unique nutty flavour comes out when it still has a bite to it.

6. Add 1 ½ cups of water to a small pot with the quinoa. Bring to a boil, then reduce the heat to a simmer and cook for about 10-12 minutes until the water is absorbed. Fluff with a fork.
7. Heat ½ Tbsp olive oil in a frying pan over medium heat. Sauté onion until transparent and slightly golden, then add asparagus and other vegetables, sauté for an additional 2-3 minutes.
8. In a large bowl, whisk together the other ½ Tbsp olive oil with the lemon juice, salt and pepper. Add the onion and cooked vegetables along with the leafy greens to the bowl and toss with the dressing.

Add the quinoa to the veggie mixture and combine thoroughly.

This salad is delicious served warm or cold.



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