

# WARM SALMON & QUINOA SALAD



Serves: 4  
Prep: 5 mins  
Cook: 20 mins



Nutrition per  
serving:  
325 kcal  
26g Fats  
17g Carbs  
28g Protein



## WHAT YOU NEED

- 1 red pepper
- 1 tbsp. olive oil
- 4 wild salmon fillets
- 1 tsp. spices for salmon
- 1 1/3 cup (200g) sugar snaps
- 4 cups boiling water (950ml)
- 1 1/3 cup (250g) cooked quinoa
- 2 handfuls fresh parsley
- 2 tbsp. fresh chives

## WHAT YOU NEED TO DO

Preheat the oven to 400F (200C).

In the meantime cut the peppers into strips. Heat the oil in a pan on medium heat and stir-fry the pepper for 5 min.

Place the salmon on a tray covered with baking paper, season with spices and cook in the oven for 10 minutes.

Place snow peas in a colander and pour over the boiling water, then add the snow peas and quinoa to the peppers and heat up for 4 minutes on medium heat.

Chop parsley and chives and mix into the quinoa. Serve as a side with the salmon.

Lose It & Love It

NUTRITION MATTERS