

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 ⅓ cup (200g) sugar snaps
- 4 cups boiling water (1l)
- 1 ⅓ cup (250g) cooked quinoa
- 2 handfuls fresh parsley
- 2 tbsp. fresh chives

WHAT YOU NEED TO DO

Preheat the oven to 400° F (200° C).

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

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

Place sugar snaps in a colander and pour over the boiling water. Then add the sugar snaps 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.

