

Baked Salmon With Zoodles & Quinoa

Serves 2

2 salmon fillets (4.4 oz. /125g each)
3.5 oz. (100g) quinoa, cooked
1 zucchini
½ tbsp. olive oil
1 garlic clove, crushed
2.5 oz. (70g) sundried tomatoes, rinsed, chopped

Salmon marinade:

2 tbsp. tamari
½ tbsp. olive oil
½ tsp. sweet paprika
½ tsp. hot paprika
1 tbsp. rice vinegar
1 tsp. honey
1 tbsp. black sesame seeds
chili flakes, to taste

What you need to do

1. Mix together the ingredients of the marinade and cover the salmon to marinate for about 1 hour.
2. While the salmon is marinating, cook the quinoa and spiralize the zucchini.
3. Heat the oil in the pan, add the crushed garlic and fry for 1-2 minutes. Add in the zoodles and stir occasionally until it softens (about 3-4 minutes). Towards the end add the chopped tomatoes, and season with salt and pepper, to taste.
4. Heat the oven to 480°F (250°C) and place the salmon on a baking tray or casserole dish. Bake for about 7 minutes.
5. Remove the salmon from the oven to rest for a moment. In the meantime, pour in the salmon juices into the quinoa, and mix well.
6. Divide the quinoa and zoodles between two plates, then place the salmon on top. Sprinkle with chili flakes to serve.



GF	DF	LC	HP	Q
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Prep	Chill	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	1 hr	15 mins	487	28	19	38

*Nutrition per serving

