



## BigFish™ Recipe Salmon Fillet with Quinoa Salad

**Preparation time:** 10 minutes  
**Cooking time:** 40 minutes  
**Serves:** 2

This fresh tasting recipe looks beautiful on the plate and is really easy to prepare. The combination of Omega3 rich salmon with red veg and quinoa is really good for you too!

### Ingredients

2 BigFish Natural or Organic Salmon fillets

*For the salad:*

275g quinoa, cooked as per the packet instructions

1 tbsp olive oil

1 tsp red wine vinegar

2 medium carrots, peeled and finely chopped or coarsely grated

2 cooked beetroots, diced

1 handful parsley chopped

2 spring onions, sliced

### Method

1. Pre heat the oven to 190°C
2. Take the salmon fillets from the freezer, remove all packaging and loosely wrap in lightly oiled tin foil. Place on a baking tray and cook in the oven for 35-40 minutes.
3. To make the quinoa salad, simply combine all the ingredients into a bowl and season with salt and fresh black pepper. If you make this in advance (a few hours or the day before) all the flavours will combine and the salad will also take on a lovely vibrant purple colour from the beetroot. Store in the fridge until you are ready to serve with the cooked salmon.

