



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Kale


Kale is an excellent source of vitamin C and beta-carotene. Place the leaves in the fridge rinsed and slightly damp in a paper towel to keep fresh.



1 Summer Salmon Quinoa Bowl

A nutrient packed bowl of organic mixed quinoa, massaged kale leaves, ruby red grapes and fresh salmon fillets, finished with a golden turmeric and maple dressing.

 35 mins

 2 servings

 Fish

4 January 2021

Spice it up!

You could use curry powder or ground cumin on the salmon instead of turmeric for an alternative flavour.

You could also use sesame, avocado or macadamia oil in the dressing.

Per serve: **PROTEIN** 48g **TOTAL FAT** 38g **CARBOHYDRATES** 63g

FROM YOUR BOX

ORGANIC MIXED QUINOA	100g
LEMON	1/2 *
KALE	1/2 bunch *
RED GRAPES	200g
RADISHES	1/3 bunch *
FETA CHEESE	1/2 packet *
SALMON FILLETS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, maple syrup, ground turmeric

KEY UTENSILS

frypan, saucepan

NOTES

To quickly remove the kale leaves, hold the leaf upside down and run fingers downwards along the stem. Roll the leaves into a cigar and slice.

No fish option - salmon fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with water. Bring to the boil and simmer for 10-15 minutes until tender. Drain and rinse. Set aside.



2. PREPARE THE DRESSING

Whisk together lemon juice, **1/2 tbsp maple syrup**, **1/2 tsp ground turmeric** and **2 tbsp olive oil**. Season with **salt and pepper**. Set aside.



3. MASSAGE THE KALE

Thinly slice kale leaves and add to a large salad bowl (see notes). Add 1/2 tbsp dressing and use hands to massage the leaves until soft and tender.



4. PREPARE TOPPINGS

Halve the grapes. Trim and slice radishes. Crumble feta cheese. Set aside.



5. COOK THE SALMON

Coat salmon fillets with **1/4 tsp ground turmeric**, **oil**, **salt and pepper**. Cook in a frypan over medium-high heat with **oil** for 3-4 minutes each side or until cooked to your liking.



6. FINISH AND PLATE

Divide quinoa, kale and toppings among bowls. Flake salmon apart and place on top. Spoon over dressing to taste.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

