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by Yes Chef!

Quinoa Salad with Salmon



Ingredients

225g (1 1/2 cups) quinoa
500ml (2 cups) water
1 cup fresh mint leaves
70g (1/4 cup) low-fat yoghurt
4 skin-on salmon fillets
1 1/2 tbs extra virgin olive oil
1 bunch broccolini, coarsely chopped, blanched
1 bunch asparagus, coarsely chopped, blanched
1 fennel bulb, trimmed reserving fronds, halved, thinly sliced
1/2 cup fresh dill sprigs
1 tbs drained baby capers, chopped
Pinch of ground cumin
1 lemon, rind finely grated, juiced

Preparation

1. Heat a saucepan over medium heat. Stir the quinoa for 2-3 minutes or until aromatic. Stir in water. Bring to the boil. Reduce heat to low. Cover. Simmer for 15 minutes or until the water is absorbed. Cool for 10 minutes. Transfer quinoa to a large bowl and place, uncovered, in the fridge until required.
2. Meanwhile, chop half the mint. Combine the chopped mint with the yoghurt in a small bowl. Season. Place in the fridge until required.
3. Cut slits in the skin of each salmon fillet. Transfer to a plate. Drizzle over 2 tsp oil. Season.
4. Preheat a barbecue flat plate or frying pan on medium-high. Cook salmon, skin-side down, for 3 minutes. Turn and cook for 1-2 minutes for medium or until cooked to your liking. Transfer to a plate to rest.
5. Add broccolini, asparagus, sliced fennel, fennel fronds, dill, capers, cumin, lemon rind and juice, and remaining mint and oil to the quinoa. Season. Gently toss to combine. Serve with the salmon and yoghurt mixture.

Cooks Note

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