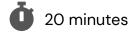




# Hot Smoked Salmon Quinoa Bowl with Thai Dressing

This quick and easy quinoa bowl will leave you with plenty of time to enjoy your evening, plus fill your tummy! Hot smoked salmon, fresh crunchy veggies, fluffy quinoa and a delicious fish sauce dressing!





2 servings



# Spice it up!

If you are looking to spice up the dressing, you can add the zest and juice from a lime, some grated ginger, crushed garlic and finely sliced red chilli.

TOTAL FAT CARBOHYDRATES

29g 38g

49g

#### FROM YOUR BOX

WHITE QUINOA	1 packet (100g)
LEBANESE CUCUMBER	1
CARROT	1
SNOW PEA SPROUTS	1 punnet
SNOW PEA SPROUTS HOT SMOKED SALMON	1 punnet
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#### FROM YOUR PANTRY

olive oil, salt, pepper, fish sauce, honey, rice wine vinegar

#### **KEY UTENSILS**

saucepan

#### **NOTES**

Substitute rice wine vinegar for rice vinegar, white vinegar or white wine vinegar.

If you have time, add cucumber ribbons to a bowl with 2 tbsp vinegar, 1 tsp salt and 1 tsp sugar and leave to pickle for 10-15 minutes. Drain and serve. Cut the snow pea sprouts in half or thirds if desired.



# 1. COOK THE QUINOA

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



## 2. MAKE THE DRESSING

In a bowl whisk together 1 1/2 tbsp fish sauce, 11/2 tbsp vinegar, 11/2 tbsp water, 1 tsp honey, 2 tbsp olive oil, salt and pepper.



#### 3. PREPARE THE TOPPINGS

Ribbon or thinly slice cucumber (see notes). Grate carrot. Set aside with snow pea sprouts and salmon.



### 4. FINISH AND SERVE

Roughly chop peanuts.

Divide quinoa among shallow bowls. Drizzle over some dressing. Add toppings, drizzle over remaining dressing and sprinkle over peanuts.



