



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Catalano's Salmon

Salmon is an excellent source of many B vitamins; these are important as they give you energy, control inflammation, and protect your heart and brain!



E4 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!

 20 minutes

 4 servings

 Fish

15 April 2022

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.

Per serve: **PROTEIN** 23g **TOTAL FAT** 28g **CARBOHYDRATES** 43g

FROM YOUR BOX

WHITE QUINOA	1 packet (200g)
LEBANESE CUCUMBERS	2
CARROT	1
SNOW PEA SPROUTS	1 punnet
HOT SMOKED SALMON	2 packets (200g)
PEANUTS	1 packet (50g)

FROM YOUR PANTRY

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

KEY UTENSILS

saucepan

NOTES

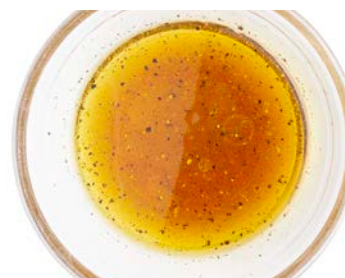
Substitute rice wine vinegar for rice vinegar, white vinegar or white wine vinegar.

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 **2 tbsp fish sauce**, **2 tbsp vinegar**, **2 tbsp water**, **1 tsp honey**, **3 tbsp olive oil**, **salt and pepper**.



3. PREPARE THE TOPPINGS

Ribbon or thinly slice cucumbers (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.

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**

