

**Product Spotlight:
Citrus Fruit**

When zesting lemons, limes, or oranges, only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, directly underneath the peel as this is quite bitter.



Citrus Roast Salmon

with Fresh Salsa & Quinoa

Lemon and orange marinated salmon cooked in the oven and served with fluffy quinoa and a fresh, crunchy summer salsa.



30 minutes



4 servings



Fish

BBQ the salmon!

Rub salmon fillets with oil, smoked paprika, salt and pepper. Cook on the BBQ and serve with a dressing made from orange juice, lemon juice, olive oil and fresh coriander. Sweeten to taste with honey.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	15g	29g

FROM YOUR BOX

WHITE QUINOA	200g
SHALLOT	1
ORANGE	1
LEMON	1
SALMON FILLETS	2 packets
RED CAPSICUM	1
LEBANESE CUCUMBER	1
AVOCADO	1
CORIANDER	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika

KEY UTENSILS

saucepan, oven dish

NOTES

You can serve this dish with potatoes or potato salad if you prefer!



1. COOK THE QUINOA

Set oven to 220°C.

Place **quinoa** in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain **quinoa** for at least 5 minutes or press it down in a sieve to squeeze out the excess liquid.



4. PREPARE THE SALSA

Finely dice **capsicum**, **cucumber** and **avocado**. Chop **coriander** (reserve some for garnish if you like) and toss together with **1 tbsp olive oil, salt and pepper**.



2. PREPARE THE MARINADE

Peel and thinly slice **shallot**. Add to a bowl along with zest from **1/2–1 orange**, orange juice, **lemon juice, 2 tbsp olive oil, 2 tsp smoked paprika, salt and pepper**.



5. FINISH AND SERVE

Serve citrus **salmon** (and pan-sauces!) over **quinoa** with a side of **salsa**. Garnish with any reserved **coriander**.



3. BAKE THE SALMON

Place **salmon fillets** in a lined oven dish. Pour over **marinade** and bake for 15 minutes or until cooked through to your liking.



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