



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

 4 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** 41g **TOTAL FAT** 31g **CARBOHYDRATES** 50g



## FROM YOUR BOX

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

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

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

## 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 tbsp vinegar**, **1 tbsp maple syrup**, **1 tsp ground turmeric** and **1/4 cup 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 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 **1/2 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**

