

bent street kitchen

crispy skin salmon & quinoa salad

Ingredients:

2 x 200 g salmon fillets, skin on
1 c quinoa
1 ½ c chopped kale
2/3 c chopped broccoli
2/3 c small cubes of butternut pumpkin
1 lemon, zest and juice
1 t white miso paste
1 t sesame oil
sea salt and black pepper to taste
3 T extra virgin olive oil
1 T vegetable oil

Method:

Take salmon out of the fridge 30 mins before cooking to bring it to room temperature.

Heat oven to 220°C. Toss pumpkin cubes in 1 T olive oil and a pinch of salt. Spread out on a foil-lined baking tray and roast until golden brown, about 25-30 mins. Remove from oven and set aside.

Place quinoa in a mesh strainer and rinse. Set aside.

In a small bowl, make the dressing by whisking together 1 T olive oil, sesame oil, miso paste, lemon juice, zest and salt and pepper to taste. Set aside.

Place 2 cups of water in a medium-sized sauce pan and bring to the boil. Add 1 T olive oil and stir in quinoa. Turn heat down to low and cover and simmer for 15 mins. Add kale and broccoli and cook uncovered until quinoa is cooked, about 5 mins. The quinoa is done when the kernels look like they've popped open. Remove from heat and allow to rest so that all the liquid gets absorbed.

Heat 1 T vegetable oil fry pan to medium-high heat. Fry salmon fillets skin side down for about 4-6 mins, depending on how you want your salmon done. Turn over and cook for a further 2-4 mins. I also like searing the sides of the salmon for about 30 secs on each side so you get a nice golden brown colour all around. Transfer to a plate and rest for 3 mins.

Add pumpkin to quinoa mixture and toss with dressing. Place some quinoa salad on a plate and top with the salad. Enjoy!

Serves 2.