



SALMON & CREAMY QUINOA

Ingredients:

- 1 SMALL WHITE ONION
- 1 CLOVE GARLIC
- 170G QUINOA
- 480ML ALMOND MILK
- 240ML VEGETABLE BROTH
- 2 TSP ITALIAN HERBS
- 2 SALMON FILLETS
- 1 TSP OLIVE OIL
- VEGETABLES OF CHOICE

Method

1. FINELY DICE ONION AND GARLIC. RINSE QUINOA VERY WELL THEN DRAIN.
2. HEAT UP OLIVE OIL IN A LARGE NON-STICK PAN AND OVER MEDIUM HEAT. ADD DICED ONION AND GARLIC AND SAUTÉ FOR A FEW MINUTES UNTIL GOLDEN AND SOFT.
3. ADD QUINOA, ALMOND MILK, VEGETABLE BROTH AND ITALIAN HERBS TO THE ONIONS AND BRING TO A BOIL, THEN REDUCE HEAT. COVER WITH A LID AND LET SIMMER FOR 30 MINUTES. GIVE IT A STIR EVERY ONCE IN A WHILE, ADDING A SPLASH OF WATER IF NEEDED.
4. WHEN QUINOA IS SOFT AND CREAMY, SEASON WITH SALT AND PEPPER TO TASTE. SET ASIDE AND KEEP WARM.
5. HEAT UP A NON-STICK PAN OVER MEDIUM HEAT AND ADD SALMON FILLETS, LET SEAR FOR 3-4 MINUTES ON EACH SIDE.
6. SERVE SEARED SALMON ON TOP OF A BED OF QUINOA RISOTTO WITH YOU FAVORITE VEGETABLES. ENJOY!

SALMON & CREAMY QUINOA

Nutritional Information

OLIVE OIL - OLIVE OIL MAY BE ONE OF THE HEALTHIEST FOODS YOU CAN EAT FOR HEART HEALTH. IT REDUCES BLOOD PRESSURE AND INFLAMMATION, PROTECTS LDL PARTICLES FROM OXIDATION, AND MAY HELP PREVENT UNWANTED BLOOD CLOTTING.

ONION - ONIONS CONTAIN ANTIOXIDANTS AND COMPOUNDS THAT FIGHT INFLAMMATION, DECREASE TRIGLYCERIDES AND REDUCE CHOLESTEROL LEVELS ALL OF WHICH MAY LOWER HEART DISEASE RISK. THEIR POTENT ANTI-INFLAMMATORY PROPERTIES MAY ALSO HELP REDUCE HIGH BLOOD PRESSURE AND PROTECT AGAINST BLOOD CLOTS.

GARLIC - GARLIC CONTAINS COMPOUNDS WITH POTENT MEDICINAL PROPERTIES, IT IS HIGHLY NUTRITIOUS BUT HAS VERY FEW CALORIES, IT CAN COMBAT SICKNESS, INCLUDING THE COMMON COLD AND HAS ACTIVE COMPOUNDS THAT CAN HELP REDUCE BLOOD PRESSURE, IMPROVE CHOLESTEROL LEVELS AND LOWER THE RISK OF HEART DISEASE.

QUINOA - RICH IN FIBER, MINERALS, ANTIOXIDANTS AND ALL NINE ESSENTIAL AMINO ACIDS, QUINOA IS ONE OF THE HEALTHIEST AND MOST NUTRITIOUS FOODS ON THE PLANET. IT MAY IMPROVE YOUR BLOOD SUGAR AND CHOLESTEROL LEVELS AND EVEN AID WEIGHT LOSS.

ALMOND MILK - ALMOND MILK IS A TASTY, NUTRITIOUS MILK ALTERNATIVE THAT HAS MANY IMPORTANT HEALTH BENEFITS. IT IS LOW IN CALORIES AND SUGAR AND HIGH IN CALCIUM, VITAMIN E AND VITAMIN D.

VEGETABLE BROTH - A VEGETABLE BROTH MADE FROM ORGANICALLY GROWN VEGETABLES CAN BE AN EXCELLENT SOURCE OF ESSENTIAL ELECTROLYTES.

SALMON - A FOOD VERY LOW IN SATURATED FAT AND A GOOD SOURCE OF PROTEIN. IT'S ALSO ONE OF THE BEST SOURCES OF VITAMIN B12. IT'S ALSO BURSTING IN POTASSIUM AND OTHER NUTRIENTS LIKE IRON AND VITAMIN D.