



## Smoked Salmon & Quinoa Bowl

Looking for the perfect smoked salmon dish? The search is over! Our Quinoa-Courgette Smoked Salmon bowl is delicious, refreshing and easy to prepare. This dish is gluten free and packed with really important proteins and healthy fats in the fish and quinoa! Cook it up in only 15-20 minutes.

### Ingredients

- Smoked Salmon
- Spring Onion
- Garlic Cloves
- Courgette
- Lemon
- Vegetable Stock Cube
- Fresh Parsley
- Quinoa
- Natural Yogurt

### Your Pantry

- Olive Oil

### Nutritional Info

Calories: 296 kcal  
Carbohydrates: 34 g  
Protein: 19 g  
Fat: 9 g

### Allergens


Fish (Salmon)  
Milk (Yogurt)  
Sesame (Sesame Oil)  
Celery (Stock Cube)  
Stock Cube may also contain traces of Egg, Soya & Mustard

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



### 1) **Make the stock**

Dissolve the stock cube in 500 ml of boiling water per cube and set aside 160ml person to cook the quinoa in.

### 2) **Prepare the ingredients**

Peel and finely chop the garlic. Dice the courgette into cubes.

### 3) **Cook the vegetables**

Heat a large pot over a medium heat. Add some oil and then add in the chopped courgette and garlic. Fry for 2-3 minutes.

### 4) **Add the quinoa & stock**

In the same pot, add in the quinoa and stock. Bring to the boil and simmer for 12 minutes, uncovered. After 12 minutes, turn off the heat and cover with the sauce pan lid. Set aside for 5-10 minutes. While the quinoa is boiling move on to making the yogurt dressing.

### 5) **Make the yogurt dressing**

Chop the parsley and stir it through the yogurt. Set the dressing aside.

### 6) **Add the spring onion**

Chop the spring onion in half and add to the quinoa, fluffing the quinoa up with a fork.

### 7) **Finish the dish**

Slice the salmon into strips. Finish the dish by mixing the sliced salmon through the cooled quinoa along with the fresh lemon juice. Drizzle the yogurt dressing on top.



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