

teriyaki salmon with quinoa + grilled vegetables



This is a quick and easy summer recipe, with tons of flavour. It's great on the BBQ but easy to do under an oven grill if you get some rain!

Salmon is rich in brain-boosting omega 3 fatty acids. Omega 3s are also helpful for improving insulin function and nourishing the nervous system. If you are vegetarian or vegan then this marinade works well with firm tofu or tempeh.

While we love this recipe, if you are in a hurry, you could try the Primal Kitchen Teriyaki sauce instead – just look for the Nutrifit leaf. Make things easy by picking up grilled vegetables from the deli to reduce your prep time!

PREP	TOTAL	SERVING
15mins	30mins	4 People: Nutrifit serving recommendation: <i>1-2 skewers, ¼ plate quinoa, ½ plate grilled vegetables</i>

SAUCE

½ cup low sodium tamari sauce	1.5lbs salmon fillet
¼ cup rice vinegar	1.5 cups quinoa
¼ cup maple syrup	Grilled vegetables for 4 people from the Miles deli!
2 tbsp garlic, minced	Bamboo skewers – soaked in water for at least 20 minutes before using
2 tbsp ginger, minced	
2 tsp sesame oil	
Pinch chili flakes	

Soak the quinoa for two hours (if you have time), then rinse well and cook in plenty of water (add a stock cube if you like to the water to increase flavour.) Once it is tender (like rice) then drain well.

Meanwhile, whisk the marinade ingredients together in a large glass bowl

Cut the salmon into 1 inch cubes and toss gently in the marinade

Load the skewers. Don't be tempted to add vegetables as they usually cook at a different rate to the salmon.

Grill the salmon: 3-4 minutes over a medium-hot heat, turn and baste with more marinade and then grill for another 3-4 minutes. The fish should flake easily and have an internal temperature of 130F.

Serve with the quinoa and vegetables. (Nutrifit serving recommendation: 1-2 skewers, ¼ plate quinoa, ½ plate grilled vegetables.)

 approved recipe

