

Honey & Ginger Salmon with Rainbow Slaw

Ingredients – Serves 2

- 2 x Salmon Fillets
- ½ tsp coconut oil
- ½ tsp sesame oil
- 2 x Rainbow carrots
- 1 lime
- 1 tbsp honey
- 2 tbsp soy sauce
- 1 cube fresh ginger, grated
- 60g radishes
- 80g Quinoa
- 80g sugar snap peas



Method:

1. Boil a kettle. Rinse the quinoa and place in a saucepan with 400ml boiling water and a pinch of sea salt. Simmer for 20-25 mins.
2. Peel and finely grate the ginger. In a bowl, mix together the honey, soy sauce, ginger and half of the juice from the lime. Place half of this mixture in a separate bowl. Cut the salmon fillets into bite-sized pieces (around 2cm) and place in one bowl of the sauce to marinate for 10 mins while you prepare the rainbow slaw.
3. To make the rainbow slaw; peel the rainbow carrots (purple/yellow) and cut into matchsticks (or use a julienne peeler or spiralizer if you have one). Slice the radishes and sugar snap peas thinly. Place the vegetables in a bowl and drizzle over sesame oil and the remaining lime juice.
5. Heat a pan on a medium-high heat, add the coconut oil (making sure it is well oiled to prevent sticking), then add the salmon for 10-15 mins and turn every 2-3 mins until the salmon is cooked through.
6. Drain the Quinoa.
7. Spoon the quinoa onto two warm plates, top with the salmon and serve alongside the rainbow slaw. Drizzle over the remaining sauce.