

Teriyaki salmon, Crispy kale & Quinoa

Ingredients – Serves 2

- **2 x Salmon Fillets**
- **1 lime**
- **1 red chilli**
- **1 tsp Coconut oil**
- **200g Pak Choi**
- **2 spring onions**
- **2 tbsp honey**
- **2 tbsp Soy Sauce**
- **4cm fresh ginger**
- **80g kale**
- **80g quinoa**



Method:

1. Preheat the oven to 180C / gas mark 4 and boil a kettle.
2. To make the teriyaki sauce: finely chop the chilli (remove the seeds for less heat) and peel and finely chop the ginger. Mix the chilli and ginger in a bowl with the soy sauce, honey and half of the juice from the lime. Trim the end of the Pak choi to separate the leaves. Cut each leaf in half lengthways.
3. Rinse the quinoa and add to a saucepan with 300ml boiling water. Simmer for 15 mins until cooked.
4. Heat a medium-sized pan with a dash of oil on a medium heat. Place the salmon in the pan and cook for 5 mins each side. Add the teriyaki sauce to the pan for 5 mins, then add the Pak choi and cook for a further 3 mins until the choi is soft and the salmon is cooked through.
5. Meanwhile, roughly chop the kale and spread out onto a baking tray and place in the oven for 2-3 mins until turning crispy and golden.
6. Thinly slice the spring onion into ribbons. Drain the quinoa and season with sea salt & black pepper. Stir in the remaining lime juice and the crispy kale.

7. To serve, spoon the crispy kale quinoa onto two warm plates, top with the Pak choi and place the salmon over this. Drizzle over the remaining teriyaki sauce from the pan and top with the spring onion ribbons.