

Greek Baked Salmon

with Tzatziki and Quinoa

hellóchef

Like all oily fish, salmon is rich in omega-3 fatty acids, making it an excellent promoter of heart and brain health.

Cals 644 • Prot 52 • Carbs 53 • Fat 27

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🕒 cook: 30 min

R2988



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salmon	2 ppl	3 ppl	4 ppl	
Skinless salmon fillet 6*	350	525	700	Grams
Red onion	1	1	2	Piece
Lemon	1	1	2	Piece
Fresh thyme	10	10	10	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Cherry tomatoes	150	250	300	Grams
Kalamata olives	40	60	80	Grams
Feta cheese 4*	50	75	100	Grams
Tzatziki				
Cucumber	1	1	2	Piece
Garlic cloves	1	1	1	Piece
Natural yogurt 4*	170	170	340	Grams
Salt	0.5	0.5	1	Tsp
Quinoa				
Mixed quinoa	100	150	200	Grams
Water	250	375	500	ML
Salt	0.5	1	1	Tsp

Allergens

*6 Fish, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2695 / 644
Fat (g)	26.7
of which saturates (g)	9
Carbohydrate (g)	53
of which sugars (g)	15.2
Fiber (g)	6.1
Protein (g)	52.2
Salt (g)	4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Cook quinoa

Preheat the oven to 200°C/180°C fan. Rinse the **quinoa**. Add the **measured water** to a pot and bring it to a boil over a high heat. Once boiling, add the **quinoa** and **salt**. Reduce the heat to medium-low, cover with a lid and simmer for 15 min or until the liquid is fully absorbed and the **quinoa** is tender. Keep warm.

Tip! Washing quinoa with warm water before draining it, removes the bitter-tasting saponins from its surface.



2 Prep

Meanwhile, portion the **salmon**. Peel the **onion** and slice it into wedges. Slice the **lemon** into wedges. Finely chop the **thyme** leaves and, in a small bowl, mix it with a drizzle of **olive oil** and a pinch of **salt** and **pepper**.



3 Roast salmon

Place the **salmon**, **onion**, **lemon** wedges, whole **cherry tomatoes** and **olives** onto an oiled baking tray. Crumble the **feta** over the top and drizzle with the **thyme oil**. Bake for 15-20 min or until the **salmon** is cooked through.



4 Prep tzatziki

Meanwhile, grate the **cucumber**. Squeeze any excess water from the grated **cucumber**. Peel and mince {0.5/0.5/1} **garlic cloves**.



5 Make tzatziki

In a bowl, combine the grated **cucumber** with the **yogurt** and **garlic**. Season well with **salt** and **pepper** and set aside.

Tip! Don't like raw garlic? Go easy!



6 Serve

Serve the **salmon** bake alongside the **quinoa** and **tzatziki**.