Greek Baked Salmon

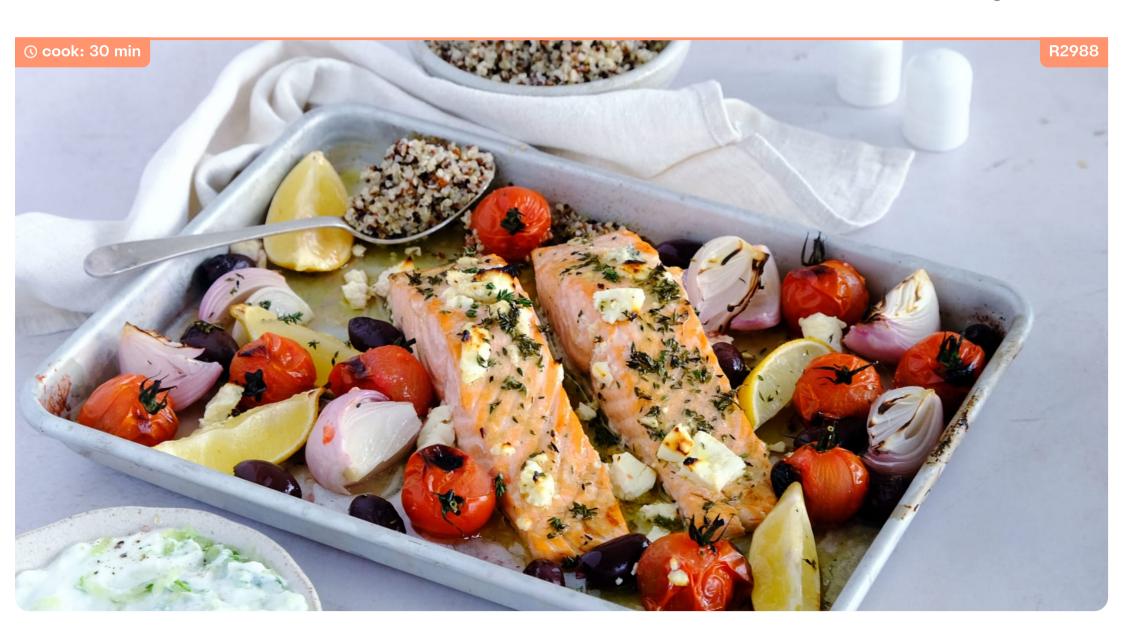
with Tzatziki and Quinoa

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

hellóchef

Cals 644 • Prot 52 • Carbs 53 • Fat 27

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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 bittertasting 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**.