

Superfood Salad with Smoked Salmon and Lemon Chia Dressing

hellóchef

This salad is packed with 'superfoods', including high fibre quinoa and omega 3 rich salmon.

Cals 642 • Prot 43 • Carbs 67 • Fat 27

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© cook: 30 min

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Before you start

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

Ingredients

Quinoa	2 ppl	3 ppl	4 ppl	
White quinoa	100	150	200	Grams
Water	200	300	400	ML
Salt	0.5	1	1	Tsp
Salad				
Smoked Salmon Slices 6*	200	300	400	Grams
Cucumber	1	2	2	Piece
Cherry tomatoes	150	250	300	Grams
Baby spinach	125	125	250	Grams
Dressing				
Lemon	1	1	1	Piece
Dijon mustard 13*	9	9	12	Grams
Agave syrup	10	15	20	ML
Rice vinegar	15	22	30	ML
Olive oil	4	6	8	Tbsp
Chia seeds	30	45	60	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Seeds				
Sunflower seeds	20	30	40	Grams
Pumpkin seeds	20	30	40	Grams
Soy sauce 9*, 10*, 11*	10	10	20	ML
Sesame oil 3*, 9*	15	22	30	ML

Allergens

*6 Fish, *13 Mustard, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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)	2687 / 642
Fat (g)	26.5
of which saturates (g)	3.9
Carbohydrate (g)	67
of which sugars (g)	11
Fiber (g)	13
Protein (g)	42.5
Salt (g)	1.5

*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. Place the **quinoa** in a bowl, cover with warm water and rinse well. Drain in a fine sieve. Add the **measured water** to a saucepan 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. Transfer the cooked **quinoa** to a plate and refrigerate.



2 Prep

Meanwhile, slice the **cucumber** in half and chop it into half-moons. Halve the **cherry tomatoes**. Wash the **lemon** thoroughly and grate its zest with a fine blade, taking care to avoid its bitter white pith. Juice {0.5/0.5/1} **lemon**.



3 Toast

On a lined baking tray, combine the **sunflower seeds, pumpkin seeds, soy sauce** and **sesame oil**. Bake for 7 min or until starting to brown.

Tip! Keep an eye on the seeds so that they don't burn.



4 Dressing

Meanwhile, add the **Dijon mustard, agave, rice vinegar, lemon juice, lemon zest, olive oil, chia seeds, salt** and a pinch of **pepper** to a large salad bowl. Whisk until fully combined – this is your **dressing**.



5 Serve

Add the **spinach, cucumber, tomatoes** and **quinoa** to the **dressing**. Toss. Add the **salmon slices** over the **salad**. Garnish with the **toasted seeds**.