

# Honey Soy Charred Salmon

with Quinoa and Broccoli Salad



*Our favourite flavours come together in this superfood packed supper!*

**Cooking Time: 30 min | Dairy-Free**  
**Cals 921 | Prot 51 | Carbs 68 | Fat 50**

### Tips For Fussy Eaters

Serve their salmon with white rice.

### Pro Tip

Cook your salmon for a couple of minutes less for a medium finish. Keeping it slightly pink inside will ensure it doesn't dry out.

Ingredients	For 2	For 3	For 4	
Skinless salmon fillet	350	525	700	Grams
Honey	15	15	30	Grams
Soy sauce	20	30	40	ML
Vegetable oil	1	1	2	Tbsp
Mixed quinoa	100	150	200	Grams
Water	300	450	600	ML
Tenderstem broccoli	150	225	300	Grams
Red radish	125	125	250	Grams
Avocado	1	1	2	Piece
Lime	1	1	2	Piece
Sesame oil	15	22	30	ML
Sweet chilli sauce	40	60	80	ML
Fresh coriander	15	15	15	Grams



### 1 Marinate salmon

Combine the **honey** and **soy sauce** in a medium bowl with a drizzle of **oil**. Portion the **salmon**. Add the **salmon** to the bowl to marinate.



### 2 Cook quinoa

Add the **quinoa** to a bowl, cover with warm water and rinse. Drain in a fine sieve. Add the **measured water** to a pot and bring it to a boil. Add the **quinoa** and a pinch of salt. Cover with a lid, reduce the heat to low and simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.



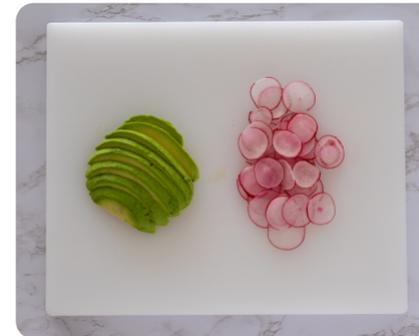
### 3 Fry broccoli

Meanwhile, heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **broccoli** and fry for 7 min until starting to crisp. Remove from the pan and set aside. Reserve the pan.



### 4 Fry salmon

Return the pan to a medium heat with a drizzle of **oil**. Once hot, add the **salmon fillets** and the **marinade**. Cook for 3-4 min on either side until cooked through.



### 5 Finish salad

Meanwhile, thinly slice the **radish**. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then slice it. Juice the **limes**. In a large salad bowl, combine the **sesame oil** and **sweet chilli (spicy!)** with the **lime** juice. This is your **dressing**.



### 6 Serve

Once cooked, toss the **quinoa** in the **dressing**. Divide among plates. Top with the **salmon, broccoli, avocado** and **red radish**. Tear the **fresh coriander** over the top.



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