



SALMON WITH WATERCRESS & QUINOA CRUST

Prep: 20 minutes

Cook: 40 minutes

Serves 8-10

150g quinoa
150g watercress, chopped
75g pecans, chopped
1 tbsp Dijon mustard
1½ tsp LoSalt
100g dried cranberries
1.2kg side salmon



To serve: new potatoes and seasonal vegetables

Preheat the oven to 200°C, gas mark 6. Line a large baking tray with parchment.

Cook the quinoa in boiling water for 15 minutes. Drain well and cool under cold water. Mix with the watercress, pecans, mustard, LoSalt and cranberries, season with black pepper.

Place the salmon on the prepared tray, skin side down. Press the quinoa mix over the flesh and roast for 40 minutes until just cooked throughout. Serve with new potatoes and seasonal vegetables.

Cooks tip:

To serve 4, simply halve the crust ingredients and press onto 4 salmon fillets and cook for 20 minutes.

Nutrient	Per 100g	Per Serving	%GDA	Traffic Lights
Energy (kcal)	234	496	25	N/A
Protein (g)	16.5	35	N/A	N/A
Fat (g)	14	30	43	High
Sat Fat (g)	2.3	5	25	Med
Carbs (g)	9.4	20	N/A	N/A
Sugar (g)	5	10.5	12	Low
Fibre (g)	1.5	3.2	N/A	N/A
Salt (g)	0.29	0.6	10	Low