



## Smoked Salmon and Quinoa Salad (we ate this before we stopped eating fish)

This wholefood recipe is easy-as, and of course nutritious and delicious. Plenty of omega-3 from the salmon and avocado, and quinoa is great for fibre/protein/ complex carb to keep you fuelled up. Greens supply antioxidants/iron/nitrates. Keeps well in fridge for a couple of days. Serves 4 hungry athletes.

**Serves: 4, Prep time: 00:30, Cook time: 00:15**

### Instructions

1. Cook quinoa with 4.5 cups water in rice cooker or in covered saucepan on low simmer, till all liquid absorbed (takes about 15 mins).
2. Add dressing to Quinoa and stir well, then spread cooked quinoa into a large shallow bowl/dish to cool.
3. Once cool add sesame seeds and stir again to break up lumps.
4. Arrange the spinach/kale around the edge of a large serving platter and drizzle with a little of your favourite creamy salad dressing (try Paul Newman creamy Caesar: all-natural).
6. Spoon the quinoa onto the centre of the platter, scatter salmon and avo and cherry tomato over it, and give a last grind of pepper prior to serving.

### Ingredients



1  
pack  
of  
pre-

washed baby leaf spinach and/or rocket/kale (a mix is good)  
1 x 200g hot-smoked salmon fillet (remove skin and flake into 2cm chunks)  
1 avocado (diced 2cm)  
1 punnet cherry tomato (or 1-2 large ones in chunks)  
3 cups quinoa

1/2 cup toasted ses seeds (stirfry over medium heat with no oil till just golden: do a big quantity(ie 2cups) and then keep it in a jar, as has many uses and keeps a long time)

Dressing(mix all together in a bowl/jug):

¼ cup toasted sesame oil(or can use olive/avo, lemon-olive oil would be good too)(-can get toasted ses oil from wild earth organics in tauranga, has super-nutty flavour).

¼ cup virgin olive oil

½ teasp salt + lots of ground pepper

½ teasp crushed ginger(root or from jar)

½ teasp crushed garlic(root or from jar)

Juice of a lemon