

INGREDIENTS

SALMON

- 1 x salmon fillet (skin on)
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon chilli powder
- ½ teaspoon paprika
- Salt & pepper to taste

SALAD

- 1 pottle brown rice and quinoa
- ½ red onion, (sliced)
- ½ tomato (diced)
- Salt and pepper to taste
- 4 sprigs of fresh thyme leaves
- 1 handful fresh oregano (diced)
- 1 cup of parsley (diced)
- ½ cup coriander (diced)
- 1 tablespoon umami topping, crunchy garlic
- 1 tablespoon furikake seasoning
- Lemon wedges for serving

SALAD DRESSING

- 1 tablespoon sugar
- Squeeze lemon juice
- Oil (same amount as lemon juice)
- Salt & pepper to taste



Salmon with Brown Rice & Quinoa Salad



1 servings



15 minutes

A quick and easy healthy meal for when you have a busy schedule. Enjoy!

INSTRUCTIONS

SALMON

- 1) Preheat the air fryer to 180°C
- 2) Sprinkle garlic, onion and chilli powder, salt & pepper onto salmon fillet
- 3) Rub each fillet with olive oil
- 4) Place in air fryer and cook for 7 minutes at 140 degrees
- 5) Open basket and check for desired doneness with a fork

SALAD

- 1) Heat brown rice and quinoa in the microwave for 1 minute
- 2) Add into a bowl
- 3) Take the leaves off the thyme stalks & add to bowl
- 4) Cut parsley & coriander & add to bowl
- 5) Cut red onion and add to bowl
- 6) Add garlic & onion powder to taste
- 7) Add furikake and mix together
- 8) Add salad dressing and mix

TO SERVE

- 1) Add salad into a bowl
- 2) Take the skin off the salmon & break into small pieces
- 3) Place on salad
- 4) Add Umami topping, crunchy garlic on top
- 5) Add any herbs you have left over

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