



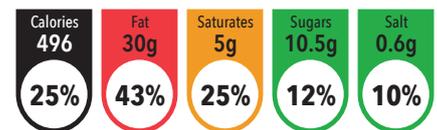
SALMON WITH WATERCRESS & QUINOA CRUST

 **Prep: 20 minutes**

 **Cook: 40 minutes**

 **Serves: 8-10**

Each serving contains



of your guideline daily amount

INGREDIENTS:

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

COOKS TIP:

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

METHOD:

1. Preheat the oven to 200°C, gas mark 6. Line a large baking tray with parchment.
2. Cook the quinoa in boiling water for 15 minutes. Drain well and cool under coldwater. Mix with the watercress, pecans, mustard, **LoSalt** and cranberries, season with black pepper.
3. 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.