Emma Sutherland N.D.BHIth Sc (CompMed) MATMS, MNHAA

Quick Salmon with Tomato, Quinoa and fetta

Ingredients

4 cups of stock – vegetable or chicken

1 cup quinoa

600gr salmon fillets, cut into 2cm cubes

400gr can chopped tomatoes

3 cloves garlic, crushed

¼ cup fresh basil, chopped

100gr fetta, crumbled

1 lemon, zested

Instructions

Place stock in a large saucepan and bring to the boil. Add quinoa and cook for 7 minutes. Add salmon, tomatoes, garlic and basil, simmer for 5 minutes. Season with salt and pepper. Serve on bowls topped with crumbled fetta and lemon zest. Serves 4