

Low FODMAP Fresh Salmon Fillet with Middle Eastern Vegetable Quinoa

Serves: 2

Prep: 10 minutes

Cook: 35 minutes



Ingredients	Metric	Imperial
2 salmon fillets	300 g	10.6 oz
1 tbsp olive oil	18 g	0.6 oz
1 lemon, juiced	40 g	1.4 oz
Quinoa white grains	150 g	5.3 oz
Low FODMAP chicken stock	250 g	8.8 oz
2 tsp ground cumin	4 g	0.1 oz
1 tsp Coriander seeds	2 g	0.1 oz
1 tsp turmeric	2 g	0.1 oz
2 tbsp olive oil	36 g	1.3 oz
1/3 eggplant, char-grilled and diced	150 g	5.3 oz
1 green capsicum, char-grilled and diced	200 g	7.1 oz
½ cup zucchini, char-grilled and diced	100 g	3.5 oz
1 tsp ginger, finely grated	5 g	0.2 oz
1 bunch coriander, washed and chopped	16 g	0.6 oz
1 bunch chives, chopped	16 g	0.6 oz
1 bunch spring onions, green tops only	16 g	0.7 oz
2 lemons, juiced	80 g	2.8 oz
Salt and pepper, to taste		

Method

1. Preheat a BBQ or grill. Grease with a little olive oil.
2. Lightly brush salmon with olive oil and barbeque/grill on a medium heat for approximately three minutes on each side.
3. Place quinoa in a saucepan and add enough stock or water to just cover the surface. Bring to the boil. Reduce heat to a simmer until cooked.
4. Cool completely and set aside in a large bowl.
5. Combine cumin, coriander seeds and turmeric, and dry roast until just smoking.
6. Char grill vegetables then mix with remaining ingredients and the quinoa, toss lightly.
7. Season to taste and serve topped with the salmon

Nutrition Information (per serve)	
Energy	3312 Kj / 792 cal
Protein	47.70g
Carbohydrates	34.70g
Sugar	18.00g
Total Fat	49.00g
Saturated Fat	9.90g
Fibre	14.60g