



microtown 

Changing the world one Microgreen at a time

Salmon, Quinoa and Microgreens




This sticky salmon is not only good for you but tastes great. Paired with microgreens, kale and rainbow chard you have added lots of nutrition to your day. Within 20 minutes you will have an amazingly healthy meal on your table that your family will love.

2 Serves

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Microgreens grown
sustainably & locally
in Eltham

What you'll need:

- 3 cups microgreens (mixed varieties)
- 2 large rainbow chard leaves (sliced finely)
- 4 kale leaves (sliced finely)
- 2 garlic cloves, finely chopped
- 2 tsp Olive oil
- ½ cup quinoa
- 1 cup water
- 20ml (1tbs oyster sauce)
- 1 green chilli (deseeded and finely chopped)
- 2 salmon fillets (130g ea.)
- Wedge of lemon to serve
- Snow peas microgreens for garnish
- Sea salt & ground pepper, to taste

Let's do it:

1. Preheat oven to 200 degrees and line a tray with baking paper
2. Place the rinsed quinoa and water in a saucepan and bring to the boil. Decrease the heat to a gentle simmer. Cook until the quinoa has absorbed all of the water, about 10 to 15 minutes
3. Remove the pot from the heat, cover and let the quinoa steam for 5 minutes. Remove the lid and fluff the quinoa with a fork and season
4. While the quinoa is cooking combine oyster sauce, chilli and half the oil in a bowl
5. Place salmon on the baking tray and brush with sauce, and cook for 10-15 minutes, until salmon is cooked to your liking
6. Heat a non-stick frypan over medium heat and add remaining oil and garlic. Add kale and rainbow chard and stir fry for 2 minutes. Switch off the heat and add the microgreens
7. Divide the salmon, quinoa and greens between the 2 plates. Season and serve

