



LOVE TO COOK

KITCHEN KNEADS

Grilled Salmon Salad with Red Quinoa, Avocado, and a Cilantro Lime Crema

Serves 4

Fire up the grill and do your taste buds a favor by prepping this grilled salmon salad. Warm, succulent, grilled salmon nestles on a bed of nutty red quinoa, creamy avocado, spicy radish, and juicy summer tomatoes. Drizzle everything with our zippy, cilantro lime crema for a fresh, healthy dinner!

Salad Ingredients:

1 cup red quinoa
2 cups vegetable stock
5 oz baby arugula
1 avocado, pitted and sliced
8 radishes, thinly sliced with a mandoline
10 oz grape tomato medley, halved
1/2 red onion, thinly sliced pole-to-pole
1 cup fresh cilantro, chopped
3 tablespoons olive oil
1/4 teaspoon salt

Salmon Ingredients:

1-1/2 lb salmon filet
2 tablespoons olive oil
4 garlic cloves, minced
Kosher salt
Freshly cracked black pepper

Cilantro Lime Crema Ingredients:

1 cup sour cream
2 tablespoons fresh lime juice
1 clove garlic, minced
2 tablespoons fresh cilantro, finely chopped
2 tablespoons olive oil
1/2 teaspoon Kosher salt
1/2 teaspoon chili powder

Directions:

1. In a medium pot, bring the vegetable stock to a boil. Add the quinoa, cover, and reduce heat to a low simmer for 15 minutes, stirring occasionally. The quinoa is done when all the liquid has been absorbed and the quinoa is tender. Remove from heat and set aside.
2. In a bowl or wide-mouth jar, whisk all of the cilantro lime crema ingredients until well-combined. Cover and refrigerate until ready to use.
3. Prepare all of the salad ingredients and mix them together in a large bowl with the quinoa. Use tongs to toss and mix the salad with the olive oil, salt, and pepper until lightly coated.
4. Clean and oil the grill grates. Prepare the grill for medium heat. In a small bowl, combine the olive oil, minced garlic, salt, and pepper. Generously brush the salmon filets with the olive oil mixture.
5. Grill the salmon over medium heat, skin side down, for roughly 4-6 minutes, or until the fish lightens in color and becomes firm to the touch. Use a fish spatula to gently turn the salmon and cook for another 2-4 minutes, or until the internal temperature reaches 145°F and it is done to your liking.
6. Remove from the grill, and let cool slightly. Remove the skin from the salmon filets, and separate into smaller pieces. Place the pieces on top of the quinoa salad. Serve with a generous drizzle of the cilantro lime crema.