

## Grilled Salmon with Quinoa Salad



### **INGREDIENTS**

- 125 gr of thin green beans from Quebec
- 400 gr fresh salmon
- ( 2 nice pieces of 200 gr each, ask your fishmonger, he will be more than happy to prepare it for you)
- 30 ml (1 table spoon) olive oil
- 15 ml (1 table spoon) rice vinegar
- 15 ml (1 table spoon) honey

### Quinoa salad:

- 125 ml (1/2 cup) white quinoa
- 125 ml ( 1/2 cup) red quinoa
- 30 ml (2 table spoon) rice vinegar
- Salt and pepper

### Tomato Salsa

- 60 ml (1/4 cup) olive oil
- 2 green onions, finely chopped
- 1 chiseled shallot
- 60 ml (1/4 cup) fresh cilantro, chiseled
- 2 fresh tomatoes, cut into cubes
- Salt and pepper

## **PREPARATION**

### Quinoa:

1. Wash the quinoa in cold water and thoroughly rinse, cook the quinoa in boiling water slightly salted for about 10 to 12 minutes.
2. After the quinoa is cooked, cool it and put it aside at room temperature.
3. Mix all ingredients with the quinoa and put aside.

### Salsa:

1. Cut tomato into cubes, slice onions, chop coriander, shallots.
2. Combine all ingredients in a mixing bowl

### Green beans:

Cook the green beans from Quebec in salted water, verify if they are cooked after 4 minutes, cool them in icy water, drain and put aside.

### Salmon:

Sprinkle salt flower and crushed pepper on the salmon filets, sear all sides of the salmon filets in hot olive oil, season well, add rice vinegar and finish with the honey. Leave to cook during a few seconds and put aside.

### Plating

Arrange the quinoa salad on each plate and place salmon filet on the salad, pour some cooking juice, slightly, on the salmon filet and finish with the green bean salad seasoned with lemon juice and green shallots.

Enjoy!