KIKKOMAN

Warm quinoa bowl with sesame-coated salmon and apricots

Total time **45 mins** **10 mins** preparation time **35 mins** cooking time

Nutritional facts (per portion):
3,211 kJ / 767 kcal

Fat: **44.6 g** Protein: **38.9 g**
Carbohydrates: **50.3 g**

INGREDIENTS

2 portion(s)

100 g	tricolor quinoa, or regular quinoa
250 g	salmon fillet
2 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
0.5 tsp	pepper
30 g	Kikkoman Panko - Japanese style crispy bread crumbs
10 g	sesame seeds
2 tbsp	oil
100 g	broccoli
150 g	apricots
1 tbsp	fresh rosemary
1 tbsp	olive oil
1 tsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
60 g	natural yoghurt
2 tbsp	chopped fresh mint
0.5 tsp	ground pepper

PREPARATION

Step 1

Boil the quinoa until tender according to pack instructions.

Step 2

Cut the salmon fillet into 2 pieces, sprinkle with Kikkoman Ponzu and pepper, then coat in panko mixed with sesame seeds. Fry on both sides until golden brown.

Step 3

Meanwhile divide the broccoli into smaller florets and cook it al dente. Cut the apricots in half, remove the pips and grill on both sides with the rosemary leaves in a lightly greased pan.

Step 4

Mix the yogurt with olive oil, Kikkoman Ponzu, pepper and chopped mint.

Step 5

Divide the cooked quinoa in bowls and add the rest of the toppings.