

SALMON SUPERFOOD SUPPER

 Serves
2

 Prep
10 minutes

 Cooking
25 minutes

This delicious salmon supper is packed with good-for-you foods – and it tastes great too!

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	95kcal	2.5g	3.7g	0.6g	0.25g
RI%	5%	3%	5%	3%	4%

METHOD

1. Preheat the oven to 200°C/fan oven 180°C/Gas Mark 6.
2. Drain the can of salmon. Remove the skin and bones and break into chunks. Set aside.
3. Put the oil into a roasting tin and add the butternut squash. Roast for 10 minutes, then add cauliflower, red onion and cumin seeds, tossing to coat. Season. Roast for 12-15 more minutes.
4. Cook the quinoa according to pack instructions. Mix with the roasted vegetables and spinach.
5. Share between 2 plates and top with the salmon chunks. Serve, sprinkled with the toasted seeds.

INGREDIENTS

1x 213g can **Princes Red Salmon**
1tbsp olive oil
200g prepared butternut squash, cut into small chunks
120g cauliflower, broken into small florets
1 small red onion, sliced
1tsp cumin seeds
Salt and freshly ground black pepper
250g pack ready-to-use quinoa
Handful of young spinach leaves
2tsp mixed seeds, toasted

