

Recipe



quinoa and salmon

To make 10 children sized portions

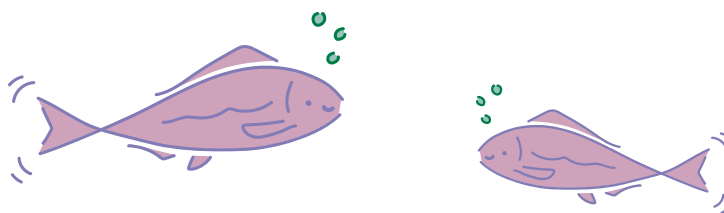
This yummy dish has fluffy quinoa with peas, topped with tasty baked lemon salmon, and served with roasted squash and broccoli to create a colourful and delicious meal.

The easiest way to get everything ready is to prep all your ingredients and place them in baking trays. Start by putting the item that takes the longest to cook in the oven first (in this case, the quinoa). Then, add the quicker-cooking ingredients afterward so that everything finishes at the same time.

Please keep in mind all ingredients must still reach desired safety temperature of 83°C and must be recorded.

quinoa ingredients

300g of white quinoa
100g of petit pois peas
600ml water



Add quinoa and peas to a baking tray and add water, cover completely with foil and cook in the oven at 180°C until the dish reaches 83°C to create a mountain of perfectly cooked quinoa and peas.

salmon

400g of salmon
1 lemon

Cut lemon into quarters and add salmon and lemon wedges to foil baking trays and cook in the oven at 180°C until the dish reaches 83°C.

veg

1 small broccoli
1/2 butternut squash

Chop up broccoli, peel and chop butternut squash into large chunks (being mindful of choking hazards), put into a foil tray and cover completely with foil and cook in the oven at 180°C until the dish reaches 83°C and the vegetables are soft and cooked through.

Nutritious delight with every bite

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