



Quinoa-Crusted Salmon with Mango Salsa and Curry Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups arugula trimmed
- ☐ 1 bay leaf
- ☐ 16 ounce bottled clam juice
- ☐ 0.7 cup quinoa cooked
- ☐ 1 egg white lightly beaten
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup cilantro leaves fresh chopped

- ☐ 0.5 teaspoon gingerroot peeled chopped
- ☐ 3 tablespoons gingerroot peeled chopped
- ☐ 1 tablespoon curry paste green
- ☐ 0.5 teaspoon honey
- ☐ 1.5 teaspoons jalapeno diced seeded
- ☐ 2 teaspoons lemon grass peeled chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 1 teaspoon soya sauce low-sodium
- ☐ 1.5 teaspoons soya sauce low-sodium
- ☐ 0.5 cup mangos diced peeled
- ☐ 0.5 cup mirin sweet (rice wine)
- ☐ 1.5 cups plum wine
- ☐ 0.5 cup bell pepper diced red
- ☐ 0.5 cup onion red vertically sliced
- ☐ 0.5 cup rice vinegar
- ☐ 1.5 teaspoons rice vinegar
- ☐ 24 ounce salmon fillet ()
- ☐ 2 tablespoons shallots chopped
- ☐ 2 tablespoons vegetable oil

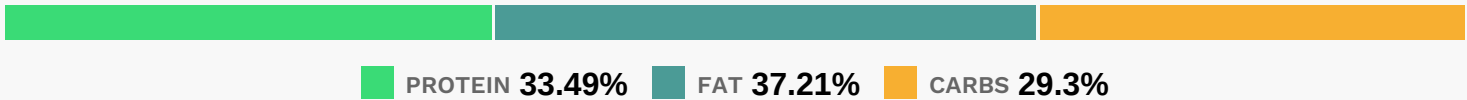
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine first 7 ingredients in a medium saucepan. Bring to a simmer over medium heat, and cook 40 minutes or until reduced to 1 cup. Strain mixture through a sieve into a bowl; discard solids.
- ☐ Add 1 cup chopped cilantro and curry paste to liquid in bowl, and stir well; set curry sauce aside, and keep warm.
- ☐ Combine mango and next 8 ingredients (mango through honey) in a bowl; stir well, and set mango salsa aside.
- ☐ Place quinoa in a shallow dish.
- ☐ Place egg white in another shallow dish. Dip salmon fillets in egg white, and dredge in quinoa.
- ☐ Place a large nonstick skillet over medium-high heat until hot.
- ☐ Add fillets; cook 5 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Remove fillets from skillet; set aside, and keep warm.
- ☐ Combine arugula and red onion in a bowl.
- ☐ Combine oil, 1 1/2 teaspoons vinegar, 1 1/2 teaspoons lime juice, and 1 1/2 teaspoons soy sauce, and stir well; pour over arugula mixture, and toss well.
- ☐ Spoon 1/4 cup curry sauce onto each of 4 plates. Arrange 1 cup arugula mixture over sauce; place fillets on arugula mixture. Spoon 1/4 cup mango salsa over each fillet.
- ☐ Garnish with shrimp, if desired.
- ☐ Note: Quinoa cooks up like rice and can be found next to the rice in your supermarket.

Nutrition Facts



Properties

Glycemic Index:129.76, Glycemic Load:6.35, Inflammation Score:-10, Nutrition Score:38.336087143939%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg Kaempferol: 7.12mg, Kaempferol: 7.12mg, Kaempferol: 7.12mg, Kaempferol: 7.12mg Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg

Nutrients (% of daily need)

Calories: 568.6kcal (28.43%), Fat: 19.07g (29.34%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 33.79g (11.26%), Net Carbohydrates: 30.43g (11.07%), Sugar: 11.37g (12.63%), Cholesterol: 93.55mg (31.18%), Sodium: 629.3mg (27.36%), Alcohol: 14.19g (100%), Alcohol %: 3.03% (100%), Protein: 38.63g (77.26%), Selenium: 66.16µg (94.51%), Vitamin B12: 5.45µg (90.83%), Vitamin B6: 1.71mg (85.72%), Vitamin B3: 14.5mg (72.51%), Vitamin C: 47.78mg (57.91%), Vitamin K: 52.09µg (49.61%), Vitamin A: 2472.68IU (49.45%), Vitamin B2: 0.82mg (47.97%), Phosphorus: 460.04mg (46%), Potassium: 1365.89mg (39.03%), Vitamin B1: 0.49mg (32.75%), Vitamin B5: 3.26mg (32.62%), Copper: 0.61mg (30.64%), Manganese: 0.61mg (30.32%), Folate: 114.67µg (28.67%), Magnesium: 111.24mg (27.81%), Iron: 3.2mg (17.8%), Fiber: 3.35g (13.41%), Zinc: 1.95mg (12.98%), Vitamin E: 1.68mg (11.19%), Calcium: 100.01mg (10%)