

# Salmon Kebabs with Quinoa & Mango Salad

serves 3

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## INGREDIENTS

Mango	200g
Olive oil	1 tablespoon
Quinoa, cooked	200g
Honey	1 teaspoon
Scallions	2 tablespoons
Cilantro	2 tablespoons
Lemon juice	2 tablespoons
Lemon zest grated	1 tablespoon
Chilli flakes	1 teaspoon
Fresh ginger grated	1 teaspoon
Freshly ground pepper	1 teaspoon
Salt	a dash (0.4g)
Salmon cubes	250 grams



## METHOD OF PREPARATION

1. Grate the lemon zest. Mix it with ginger, honey, lemon juice, ground pepper and olive oil
2. Chop mango mix with cilantro.
3. Toss quinoa with dressing, chilli, and scallions.
4. Thread the salmon cubes onto the skewers and grill for mins, turning as each side browns.
5. Toss the dressing into the salad, divide among 3 plates, and top with salmon kebabs.

## NUTRITION INFORMATION per serving

Energy	291 kcal
Protein	20g
*Carbohydrate	28g
Total Fat	11g
Saturated fat	2g
Trans fat	0g
Cholesterol	46 mg
Dietary fibre	3 g
Sodium	95 mg
Carbohydrate exchange: 2 exchanges	

Kohila is the author of *How to Lose Weight Without Hunger* published by PatientsEngage.  
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