

Salmon-filet with Quinoa-Paprika mix Post-Workout recipe



Nutrition Facts

Amount Per Serving

Calories	541 kcal
Protein	40.5g
Carbohydrate	52.1g
Fat	16.9g
Dietary Fiber	7.4g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 150g Salmon-filet
- 80g Quinoa
- 50g Paprika
- 20ml Lemon juice
- Salt
- Pepper
- garlic powder

Preparation:

The Inca-grain Quinoa is one of the best vegetable protein because it includes all of the nine amino acids.

You can prepare Quinoa similar to rice - boil salted water (ratio 2:1) for about 12 minutes until the water is gone. Now roast the salmon for about 6 minutes on each side, flavor it with a bit of salt and pepper and simultaneously add the Paprika (cut in small cubes).

At the end mix the Paprika with Quinoa and refine the Salmon with a bit of lemon juice.

Enjoy and stay fit!

Product recommendation for this Post-Workout Recipe:

