

# WEEK



## RECIPE OF THE WEEK

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Nutrition Support

## DAVID'S RECIPE OF THE WEEK

# SALMON AND PRAWN SKEWERS

(LIGHT MEAL)

### INGREDIENTS (SERVES 2)

1 large salmon darne, skinned and cut into cubes

150g raw peeled king prawns

100g quinoa

1 vegetable stock cube

Small handful of fresh kale, stalks removed and finely chopped

1 tsp olive oil

1 tsp extra virgin oil

Salt and pepper

### METHOD

1. Pre-heat the grill to high. If using wooden skewers, pre-soak in water to help stop burning, alternatively use metal skewers.
2. Thread a piece of salmon followed by a prawn onto the skewer and alternate until skewer is complete.
3. Season with salt and pepper and place under the grill for 10 minutes, turning every 2/3 minutes.
4. To cook the quinoa, boil a pan of water and add the vegetable stock cube followed by the quinoa. Cook for 15 minutes. The quinoa will absorb the water and puff out when cooked. Drain and transfer to a bowl.
5. Mix in the finely chopped kale and add a drizzle of extra virgin olive oil.
6. Transfer the skewers to a plate and serve alongside the quinoa.