

## **Asian Marinated Salmon on Lentil and Quinoa**

- 1 lb salmon filet, cut into 2-inch chunks
- 1 c quinoa, cooked with a little sea salt
- 1 c red lentils, cooked, then sprinkled with a little sea salt and black pepper
- 1 T olive oil

### **Asian Marinade**

- 2 garlic cloves, finely chopped
- 3 scallions, thinly sliced
- 1/4 c finely chopped cilantro leaves
- 1 T olive oil
- 3 T seasoned rice vinegar
- 2 T oyster sauce (or 1 tablespoon hoisin and 1 tablespoon soy sauce)
- 2 T sweet wine or sherry
- 1/2 t sesame oil
- 1/4 t freshly ground black pepper

Combine **Asian Marinade** ingredients in a shallow casserole dish. Add salmon chunks and refrigerate for 1-3 hours.

Pre-heat oven to 400F.

Layer the cooked lentils in a medium-sized casserole. Drizzle on a tablespoon of olive oil. Layer the cooked quinoa over the lentils. Top the casserole with the salmon and all the **Asian Marinade**. Cook covered for 20 minutes. Serve with salad or a green vegetable. Serves 4. Excellent served cold too.

**Jittery Cook**