

QUINOA, SHRIMP AND BROCCOLI SALAD



Time
?min



Servings
4

Calcium Recommended Daily Intake
22.70%

Calories

411

Calcium

227mg

Protein

30g

Vitamin D

0.44 IU

Ingredients

- 400 g fresh broccoli
- 1 yellow or red bell pepper
- 1 garlic clove (finely chopped)
- 350 g fresh or frozen large raw shrimp (peeled and deveined)
- Ca. 300 g cups dry quinoa (cooked according to package directions)
- 1/2 tsp dried thyme leaves
- 1/2 tsp ground black pepper

Lemon Vinaigrette

- 3 Tbsp lemon juice
- 1 tsp grated lemon peel
- 3 Tbsp olive oil
- 1 tsp Dijon mustard
- Salt and pepper to taste

Instructions

1. Place vinaigrette ingredients in a small bowl, mix and set aside.
2. Heat oven, on grill function.
3. Cut vegetables and place them and the shrimp in a large bowl.
4. Add about 1/3 of the vinaigrette and toss.
5. Spread shrimp-vegetable mixture into hot oven.
6. Grill, turning shrimp and vegetables, until the flesh of the shrimp is an opaque color (about 6 minutes); remove from oven.
7. Place cooked quinoa on serving platter, top with the shrimp and vegetable mixture.
8. Drizzle with lemon vinaigrette.