Poached Salmon and Grains Bowl with Herb Yoghurt

This is a flexible dish that lends itself well to any ingredients you have in the house. I often use a mixture of quinoa, pearled spelt and brown rice for a variation of tastes and textures. You can also buy handy, pre-cooked sachets which speed up the process too.

Serves 2

Preparation time: 10 minutes

Cooking time: 10 minutes

* 2 fillets of skinless salmon
* 1 cup cooked grains
* 1 clove of garlic, chopped
* 1 tablespoon olive oil
* a handful of swiss chard, separate leaves and stems
* a handful tenderstem broccoli
* 1 small courgette, chopped in cubes

For the Herb Yoghurt

* 60ml/ 1/4 cup greek yoghurt
* 3 tablespoons garlic oil (you can use regular extra virgin olive oil and a clove of garlic)
* 1 teaspoon capers, chopped
* 1 teaspoon dijon mustard
* 1 teaspoon lemon juice, or apple cider vinegar
* a small handful chives
* a small handful parsley
* sea salt and freshly ground black pepper

Method

Add the garlic and olive oil to a frying pan of a low heat. Cook over a medium heat to infuse it with the olive oil. Add the grains to the pan and toss to coat in the garlic and oil. Keep over the flame for 2-3 minutes, or until warmed through.

Steam the chopped courgette, tenderstem broccoli and swiss chard stems in a saucepan with an inch of simmering water for 3-4 minutes. You want the soft but still with a bit of bite. For the final 60 seconds add the swiss chard leaves to tenderise them.

Meanwhile place the salmon fillets in a small saucepan. Add enough cold water to cover the fish and a big pinch of sea salt. Cover to saucepan with a lid, or tin foil and bring to the a gentle simmer on the stove. Cook for 6 minutes.

To make the herb yoghurt, add all the ingredients to a nutribullet or food processor and blitz until smooth. Season to taste.

Serve the finished dish in bowls with a few scoops of grains in the bottom, next add the greens and flake over the salmon. Finish with a drizzle of the herb yoghurt.