



Multigrain Bowl with Arugula & Salmon

Executive Chef John Clements, CEC, CCA



Grain Mixture

- 1/3 cup quinoa
- 1/3 cup red quinoa
- 1/4 cup wild rice
- 1/4 cup lentils
- 1 tbsp amaranth
- 1 cup water
- 1 cup low sodium vegetable broth
- salt & pepper to taste
- 2 cups arugula

Salmon Ingredients

- 1 lb of your favorite salmon
- 1/2 tbsp blackening seasoning
- 1 tsp olive oil

Directions | Serves 4

1. Preheat the oven to 350° F.
2. Mix the first 5 ingredients together in a 1-quart pot. Pour water and stock overtop of the grain mixture.
3. Bring mixture to a simmer over medium heat for about 20 minutes or until you see the quinoa "pop." Note: you may need to add a little more liquid.
4. Once the quinoa "pops," remove from heat and cover to keep warm. Before you serve, season with salt & pepper and fluff the grains with a fork.
5. For the salmon, season with the blackening spice. Bring an oven-proof sauté pan or cast iron skillet to medium temperature. Add oil to the pan (it should roll around, but not smoke).
6. Place the salmon in the pan, skin side up. When the salmon releases from the pan, it is ready to turn (about 5 minutes).
7. The salmon, along with the pan, can be placed in the oven until the salmon reaches an internal temperature of 130° F.
8. To plate, dress the arugula with your favorite vinaigrette and place inside a bowl. Place the cooked grain mixture on the bed of arugula and finish by placing the salmon on the grain mixture.