



# Kombucha Marinated Salmon with Coconut Quinoa

GF  
option

## INGREDIENTS

4 (4-oz.) Hy-Vee Fish Market Department skinless Alaskan sockeye salmon  
1 cup Hy-Vee ginger kombucha  
1 tsp Full Circle Market organic virgin coconut oil  
1 ½ cups Full Circle Market organic white quinoa, rinsed  
1 (13.5-oz.) can Full Circle Market organic unsweetened coconut milk  
1 ¼ cups water  
¾ tsp Hy-Vee salt, divided  
½ tsp lime zest  
3 cups baby kale, lightly packed  
2 tbsp fresh lime juice  
2 tbsp Gustare Vita olive oil, divided  
¼ tsp Hy-Vee black pepper  
¼ cup roasted and salted shelled pistachios  
Lime wedges, for serving

## PREPARATION

- 1 Pat salmon dry with paper towels. Place in a large resealable plastic bag. Pour kombucha over salmon; close bag and place in a rimmed baking pan. Marinate for 1 to 2 hours in refrigerator, turning occasionally.
- 2 Heat coconut oil in a medium saucepan over medium heat. Add quinoa; cook and stir for 4 minutes or until golden. Add coconut milk, water, and ½ teaspoon salt. Bring to a boil; reduce heat to low. Cover and gently simmer for 15 to 20 minutes or until liquid is absorbed and quinoa is tender. Remove from heat; let stand for 5 to 10 minutes. Fluff with a fork. Stir in lime zest.
- 3 Combine kale, lime juice, 1 tablespoon olive oil, remaining ¼ teaspoon salt, and pepper in a medium bowl. Massage kale using fingers for 1 to 2 minutes or until softened; set aside.
- 4 Heat remaining 1 tablespoon olive oil in a large skillet over medium heat. Remove salmon from marinade; discard marinade. Cook salmon for 4 to 6 minutes or until salmon flakes easily with a fork (145°).
- 5 To serve, divide quinoa mixture among 4 serving plates. Top with kale mixture, then salmon. Sprinkle with pistachios. Garnish with lime wedges, if desired.

## NUTRITION FACTS

Calories: 770  
Total Fat: 43g  
Saturated Fat: 19g  
Trans Fat: 0g  
Cholesterol: 60mg

Sodium: 580mg  
Carbohydrates: 57g  
Fiber: 6g  
Sugar: 8g  
Protein: 36g