

# MEDITERRANEAN BARRAMUNDI QUINOA BOWL

This Mediterranean Barramundi Quinoa Bowl is a complete and satisfying meal that's perfect for a light lunch or a healthy dinner. It's packed with protein, fiber, and healthy fats, and it's bursting with fresh, delicious flavor.




## Ingredients:

- 5oz Fully Cooked Quinoa
- 3oz. Barramundi
- 3oz. Hummus
- 1tsp. Paprika
- 1tsp. Garlic
- 1/2tsp. Cumin
- 2oz. Diced Red onion
- 1oz. Lemon Juice
- 2 each Lemon Wedge
- 1oz. Parsley
- 2oz. Quartered Cucumber
- 3oz. Quartered Cherry Tomatoes
- 6 each Kalamata Olives
- 2oz. Tzatziki Sauce
- 2oz. Feta Cheese
- 2pcs. Mini Naan Bread
- 3oz. Baby Arugula
- 2oz. Greek Dressing
- 3oz. Chickpeas

## Instructions:

1. Season the thawed Barramundi with the paprika, garlic, and cumin.
2. Grill the Barramundi fish until the internal temperature reaches 145 degrees.
3. In a small mixing bowl, toss the quinoa, cucumber, tomatoes, parsley, olives and Greek dressing.
4. Place the quinoa mixture into the bowl first
5. Toss the Chickpeas in additional paprika
6. Layer the chickpeas, arugula, and feta cheese next
7. Lastly, place the barramundi, hummus, Tzatziki, Mini Naan bread, and lemon wedge down on top.

Product		Description	Code #	Pack Size
	Fully Cooked Quinoa	Our fully cooked quinoa is your secret weapon for building bowls, boosting sides, and crafting crave-worthy salads in a flash. Forget the pot and water – this fluffy goodness is ready to eat, hot or cold.	0525164	5/2 lb.

LEGEND:  Dairy Free  Gluten Free  Kosher  Vegan  Vegetarian