

MEDITERRANEAN BARRAMUNDI QUINOA BOWL



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




Ingredients:

- 25 oz. Sandridge® Fully Cooked Quinoa - #602242
- 3 oz. Barramundi
- 3 oz. Hummus
- 1 tsp. Paprika
- 1 tsp. Garlic
- 1/2 tsp. Cumin
- 2 oz. Diced Red onion
- 1 oz. Lemon Juice
- 2 Lemon Wedges
- 1 oz. Parsley
- 2 oz. Quartered Cucumber
- 3 oz. Quartered Cherry Tomatoes
- 6 each Kalamata Olives
- 2 oz. Tzatziki Sauce
- 2 oz. Feta Cheese
- 2 pcs. Mini Naan Bread
- 3 oz. Baby Arugula
- 2 oz. Greek Dressing
- 3 oz. Chickpeas

Instructions:

1. Season the thawed Barramundi with the paprika, garlic, and cumin.
2. Grill the Barramundi 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. Next, layer the chickpeas, arugula, and feta cheese.
7. Lastly, place the Barramundi, hummus, tzatziki, mini naan bread, and lemon wedge down on top.

Product	Description	Code #	Pack Size
 Sandridge® Fully Cooked Quinoa	Fully cooked, tender quinoa.	602242	5/2 lb. Pouches

LEGEND:  Vegetarian  Vegan  Dairy Free  Gluten Free  Kosher



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