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- Categories
- [RSS](#)

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## Four: Grilled Salmon with Quinoa Tabbouleh



I love eating out at restaurants, but I always feel guilty about the calories I consumed afterwards. After all, you can only \*guess\* at what they put in there to make it taste so delicious! So when I heard about [Four](#) and their concept of low calorie dishes (all their dishes are under 650 calories), I thought it was great! It was even better when I tried it and found it tasty and filling! They are also conveniently located in the Finance District underneath Far Niente on the corner of Wellington St and Bay St, and is reachable underground on the PATH, which is a definite bonus when I am looking for a lunch spot or after work drinks on a chilly day.

YouCook had a great time visiting Chef Matt Rosen in the kitchen. He spent so much time chatting with us and sharing his tips for coming up with low calorie dishes while still making them delicious and filling. Read on for his recipe for Grilled Salmon with Farm Tomatoes and Quinoa Tabbouleh. It's a simple and very popular dish at the restaurant – Matt remarked that he would have a revolt on his hands if he ever took it off the menu! After trying it, I could see why! And the best thing? This whole meal is only 464 calories per serving!

### Summary

Preparation Time: 15 min

Cook Time: 10 min

Servings: 4 servings.

Meal type: Main

Recipe Rating: ★★★★★

## Ingredients



- 1 tbsp Shallots, diced
- ½ cup Parsley, chopped
- 1 tbsp Sugar
- 1 tbsp Garlic, pureed
- 1 tbsp lemon zest
- 3 tbsp Extra virgin olive oil
- 1 tbsp Lemon juice
- ½ cup Water
- 1-cup Cooked quinoa (follow package directions)
- To taste Salt
- 4, 5 oz. pcs Salmon
- 4 Vine ripe tomatoes, sliced thick, core removed
- 2 cups Green beans

## Instructions

### To make the Quinoa Tabbouleh:

1. Place shallots in a bowl. Add sugar and salt to taste.

2. Add pureed garlic, lemon zest, and a tablespoon of parsley. Set aside for 5 – 10 minutes to allow juices to be released.

*Chef's Tip:* If you don't want to get out the food processor to puree the garlic, first finely chop the garlic

*and then use the blade of the knife to smush it against the chopping board to turn it into a paste (use a pulling motion). See picture below.*



**3.** The mixture should now look moist. The sugar and salt should bring out about 2 tablespoons of water. Add water, lemon juice, and olive oil. Blend with a hand blender until it achieves an “emulsified” look.



***Chef's Tip:** This dressing can be made in advance and stored in the fridge for up to a week.*

**4.** Five minutes before serving stir in the remaining parsley and quinoa.



**To assemble the final dish:**

**5.** Top and tail the beans (snip the ends). Cook in boiling water, and then refresh by placing them immediately in an ice bath. Reserve.

**6.** Grill the salmon to desire doneness.



**7.** Place one tomato of slices, or 4 or 5 slices, enough to cover the bottom of the plate.



**8.** Lay out green beans over the tomato, and place the salmon on top.

**9.** Take the quinoa tabbouleh and place a tablespoon of it on the salmon.

**10.** Scatter some of the quinoa on the other tomatoes on the plate.



### Quick Notes

Quinoa is a grain that is eaten in South America. You can find it in the health foods section of larger grocery stores. There are also some rice / grain shops in the lower level of St Lawrence Market that would sell these.



Chef Matt Rosen had a number of insights and tips for us throughout making this dish, especially on how he creates a sub-650 calorie menu. Look for another post on our interview and insights from him coming shortly!

### Nutritional Information

Here's the caloric breakdown of the Grilled Atlantic Salmon with Farm Tomatoes and Quinoa Tabbouleh for 1 serving size:

**Calories – 464**

Total fat (g) – 24  
Saturated Fat (g) – 5  
Trans fat (g) – 0.5  
Cholesterol (mg) – 83  
Sodium (mg) – 660  
Carbohydrate (g) – 30  
Fibre (g) – 4  
Sugars (g) – 16  
Protein (g) – 35  
Vitamin A %DV – 4  
Vitamin C %DV – 28  
Calcium %DV – 6  
Iron %DV – 18

## Results



YouCook had the chance to try the final result, and we all agreed – it was delicious! In fact, I couldn't help but keep on eating away at it while we were chatting afterwards. The flavour of the salmon with the dressing, and the heartiness of the quinoa was a great combination. Quinoa is a complete protein, so it really adds to the heartiness of this otherwise light dish.

Thanks Chef Rosen for sharing this recipe and cooking this dish for us!

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