

# Baked Salmon with Broccoli & Quinoa

4 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 1/4 lbs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 8 cups Broccoli (sliced into small florets)
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/2 Lemon (sliced into wedges)

## NUTRITION

### AMOUNT PER SERVING

|           |        |             |       |
|-----------|--------|-------------|-------|
| Calories  | 465    | Vitamin C   | 165mg |
| Fat       | 17g    | Calcium     | 128mg |
| Saturated | 3g     | Iron        | 4mg   |
| Carbs     | 40g    | Vitamin D   | 798IU |
| Fiber     | 8g     | Vitamin B12 | 6.7µg |
| Sugar     | 3g     | Magnesium   | 167mg |
| Protein   | 43g    | Zinc        | 3mg   |
| Sodium    | 175mg  | Selenium    | 50µg  |
| Vitamin A | 1370IU |             |       |

## DIRECTIONS

- 01 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 02 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 03 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 04 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 05 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

## NOTES

### LEFTOVERS

Store covered in the fridge up to 2 days.

### SPEED IT UP

Cook the quinoa ahead of time.

### VEGAN

Use tofu steaks instead of salmon fillets.