
Seared Salmon with Quinoa

Total time: 30 min Yield: 4 servings

Ingredients

3 cup water
2 tsp curry powder
1 tsp cumin powder
1/2 tsp turmeric
2 vegetable bouillon cubes
1 1/2 cup quinoa (uncooked)
2 lb salmon
garlic salt
black pepper
non-stick cooking spray
4 cup frozen chunky vegetable mix (defrosted)
2 cup fresh spinach (packed)
1/4 cup feta cheese (crumbled)
1 tomato (medium, diced)

Prep Time: 5 min Cooking Time: 25 min Total Time: 30 min

Instructions

Add water, curry powder, cumin powder, turmeric and bouillon cubes to a medium pot and bring to a gentle boil; then add the quinoa. The quinoa is done when the top forms little volcano peaks, about 15 minutes. Remove the quinoa from the heat and toss with a fork to fluff.

Season the salmon to taste with garlic salt and black pepper. Coat a large frying pan with non-stick cooking spray. Add the salmon and pan sear over medium-high heat for 3 or 5 minutes per side. Gently add in the defrosted, mixed vegetables and spinach.

Serve the quinoa-veggie mix alongside the salmon in a large bowl or on a platter and sprinkle with the feta cheese and fresh tomatoes. Each plate will be a celebration of color and health, with the pink salmon contrasting with the colorful quinoa!

Recipe brought to you by:

Chef Michi Holland