

Anti-Inflammatory Salmon & Greens

Serves 2 • Prep 10 min • Cook 15–20 min

Ingredients • 2 salmon fillets • 1 tbsp extra-virgin olive oil • 1 tsp smoked paprika • ½ tsp turmeric • ½ tsp garlic powder • ½ tsp sea salt • ¼ tsp black pepper • Zest of ½ lemon • 2 cups broccoli • 2 cups baby spinach • 1 bunch broccolini • 2 garlic cloves • ½ tsp grated ginger • ½ tsp turmeric • Juice of ½ lemon • 2 tbsp olive oil • 1 tsp Dijon • 1 tsp apple cider vinegar • 1 tsp parsley	Method 1. Mix salmon seasoning and coat the fillets. 2. Cook broccoli and broccolini in olive oil for 4–5 min. Add garlic, ginger and turmeric, then spinach for 1–2 min. 3. Sear salmon about 4–5 min skin-side down, then 3–4 min on the other side, until safely cooked. 4. Whisk lemon juice, olive oil, Dijon, vinegar and parsley. Serve salmon over greens with dressing.
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Nutrition / Recipe Notes

High-protein • Low-carb • Omega-3-rich

Serving idea

Serve immediately with fresh herbs, lemon or a simple low-carb vegetable side. Nutrition is approximate and will vary with brands and portion sizes.

Photo placeholder — Add a finished-meal photograph here for the website/print version.