



Harissa-Rubbed Salmon with Lemon-Herb Quinoa & Roasted Veg

Prep Time: 20 minutes
Cook Time: 10 minutes
Yield: Serves 3

INGREDIENTS

Salmon:

1½–2 lb fresh salmon fillets (2 large pieces)

2 tbsp olive oil

2 tbsp harissa paste (low-sodium preferred)

1 tsp smoked paprika

1 tsp garlic powder

Zest of 1–2 lemons

Freshly ground black pepper, to taste

Lemon-Herb Quinoa:

1 cup dry quinoa, rinsed

2 cups low-sodium vegetable broth

2 tbsp olive oil

Juice of 1–2 lemons

⅓ cup chopped fresh parsley

2 tbsp chopped fresh dill or basil

Black pepper, to taste

Roasted Vegetables:

1 lb broccoli florets

1 lb bell peppers, sliced

1 lb zucchini, sliced

2 tbsp olive oil

¾ tsp garlic powder

Black pepper, to taste

DIRECTIONS

1. Prepare the Salmon

In a bowl, combine olive oil, harissa, smoked paprika, garlic powder, lemon zest, and black pepper. Brush evenly over salmon portions.

2. Roast the Vegetables

Toss vegetables with olive oil, garlic powder, and black pepper. Roast at 400°F for 18–22 minutes until tender and lightly caramelized.

3. Cook the Quinoa

Bring vegetable broth to a boil. Add quinoa, reduce heat, cover, and simmer for 15 minutes. Fluff with a fork and finish with olive oil, lemon juice, fresh herbs, and black pepper.

4. Cook the Salmon

Roast salmon at 400°F for 12–14 minutes or pan-sear skin-side down until just cooked through



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Recipe adapted from:
Chef Floyd