

5-Ingredient Meal:

Roasted Salmon and Cauliflower with Quinoa

Ingredients:



1 head
Cauliflower



3/4 cup
Quinoa



Four 5oz
Salmon filets



1 tsp. Salt
and Pepper



3 tbsp. Pesto

Directions:

1. Preheat oven to 425°F
2. Cut cauliflower into florets by cutting the cauliflower into quarters, then breaking off bite size pieces
3. Cook quinoa according to package
4. While quinoa is cooking, place cauliflower on a sheet pan and drizzle with oil. *Make sure florets are not touching each other!*
5. Bake cauliflower in oven for 15 minutes, then flip florets over and bake for another 7 minutes
6. Bake salmon (skin side down) in the oven for 12-15 minutes
7. While the cauliflower and quinoa are cooking, season salmon well with salt, pepper, & any seasoning (*here are some that you can find at HEB!*)
8. Chop up roasted cauliflower and toss with quinoa and pesto
9. Serve with cooked salmon on top of cauliflower and quinoa mix by dividing tossed mix in half for two servings.

