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# 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