



# ONE PAN SALMON WITH HARISSA TAHINI DRESSING

*A healthy recipe by THE HEALTH BOOST*

## INGREDIENTS

- 2 salmon fillets
- 300g tenderstem broccoli (cleaned and lightly steamed)
- 200g brussel sprouts (prepped and lightly steamed)
- 1 cloves garlic, finely chopped
- Large handful of walnuts, roughly chopped
- Sesame seeds to sprinkle
- Optional: Lentils, brown rice or quinoa to serve.

### **Dressing:**

- Olive oil 1tbsp
- Water 2 tbsp
- Tahini 3 tbsp
- 1 heaped teaspoon harissa paste
- Juice of 1/2 lemon

## COOK TIME

- 40-50 minutes

## METHOD

1. In a jar, add all the dressing ingredients and mix well, set aside.
2. Clean, prep and lightly steam the veggies and set aside.
3. In a baking pan add a good splash of olive oil.
4. Add the steamed broccoli and sprouts.
5. Sprinkle the garlic.
6. Add the walnuts.
7. Add 2/3 of the dressing over the veggies with a spoon.
8. Top with salmon fillets.
9. Spread the remaining dressing on top of the salmon.
10. Sprinkle with sesame seeds and chilli flakes.
11. Slide in the oven for about 20 minutes or until salmon is cooked to your liking.
12. I like to eat it on its own, but you could serve with a side of lentils, brown rice or quinoa..