

Healthy Salmon Quinoa Bowl with Avocado and Lemon Herb Dressing

Lemon Herb Salmon and Avocado Quinoa Bowl



TIME
15 min

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INGREDIENTS

For the Salmon:

2 salmon fillets (about 6 oz each)

Juice of 1 lemon

1 tbsp fresh dill, chopped

1 tbsp fresh parsley, chopped

2 cloves garlic, minced

1 tbsp olive oil

Salt and pepper, to taste

For the Quinoa Bowl:

1 cup quinoa, rinsed

2 cups water or vegetable broth

1 avocado, sliced

1 cucumber, diced

1/2 cup cherry tomatoes, halved

1/2 cup baby spinach leaves

1 tbsp fresh parsley, chopped (optional)

1/4 red onion, thinly sliced (optional)

For the Lemon Herb Dressing:

2 tbsp olive oil

1 tsp honey or maple syrup

1 clove garlic, minced

Step-by-Step Instructions:

1. Cook the Quinoa:

Rinse quinoa under cold water.

Add quinoa and water or broth to a saucepan.

Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes.

Remove from heat and let stand for 5 minutes. Fluff with a fork.

2. Prepare and Cook the Salmon:

In a bowl, mix lemon juice, dill, parsley, garlic, olive oil, salt, and pepper.

Marinate salmon for at least 10 minutes.

Heat a skillet over medium-high heat. Sear salmon for 4-5 minutes per side until cooked through.

Let rest, then flake into large pieces.

3. Make the Lemon Herb Dressing:

4. Assemble the Bowls:

Divide quinoa between two bowls.

DIRECTIONS

1. Cook the Quinoa: Rinse quinoa under cold water.
2. Add quinoa and water or broth to a saucepan.
3. Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes.
4. Remove from heat and let stand for 5 minutes. Fluff with a fork.
5. Prepare and Cook the Salmon: In a bowl, mix lemon juice, dill, parsley, garlic, olive oil, salt, and pepper.
6. Marinate salmon for at least 10 minutes.
7. Heat a skillet over medium-high heat. Sear salmon for 4-5 minutes per side until cooked through.
8. Let rest, then flake into large pieces.
9. Make the Lemon Herb Dressing: Whisk together lemon juice, olive oil, honey/maple syrup, garlic, parsley, salt, and pepper. Adjust seasoning to taste.
10. Assemble the Bowls: Divide quinoa between two bowls.
11. Top with spinach, tomatoes, cucumber, red onion, avocado, and salmon.
12. Drizzle with dressing and garnish with additional parsley if desired.
13. Tips for Success: Use wild-caught salmon for best flavor and nutrition.
14. Marinate longer (up to 30 minutes) for deeper herb flavor.
15. Make it your own: Add roasted chickpeas, feta, or a soft-boiled egg.
16. Meal prep: Cook salmon and quinoa ahead and assemble when ready to eat.

17. Nutritional Info (Per Serving): Calories: ~550
18. Protein: 35g
19. Carbohydrates: 30g
20. Fat: 30g
21. Fiber: 7g
22. Serving Suggestions & Pairings: Pair your bowl with:
23. A chilled glass of water with lemon and mint
24. Blueberry : Lemonade for a fruity refresh
25. Baked : Brie for a light appetizer before the bowl

TIPS FOR SUCCESS

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