

HERB-ROASTED SALMON WITH GARLIC GREENS & CAULIFLOWER MASH

Prep Time: 15 minutes

Cook Time: 25 minutes

Servings: 4

Ingredients

For the Salmon

- 4 wild salmon fillets
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 teaspoon dried dill
- 1 teaspoon dried parsley
- 1/2 teaspoon smoked paprika
- Juice of 1/2 lemon
- Sea salt and black pepper, to taste

For the Cauliflower Mash

- 1 large head cauliflower, cut into florets
- 1 tablespoon extra-virgin olive oil
- 1 clove garlic
- 2 tablespoons plain Greek yogurt, optional
- Sea salt and black pepper, to taste

For the Garlic Greens

- 6 cups chopped kale, Swiss chard, or spinach
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced

- Juice of 1/2 lemon
- Pinch of sea salt

Instructions

1. Roast the Salmon

Preheat oven to **400°F**.

Place the salmon on a parchment-lined baking sheet.

Drizzle with olive oil and lemon juice, then season with garlic, dill, parsley, smoked paprika, salt, and pepper.

Bake for **12–15 minutes**, or until the salmon flakes easily and reaches your preferred doneness.

2. Make the Cauliflower Mash

Steam the cauliflower until very tender, about **10–12 minutes**.

Transfer to a food processor with olive oil, garlic, Greek yogurt if using, salt, and pepper.

Blend until smooth and creamy.

3. Sauté the Greens

Heat olive oil in a large skillet over medium heat.

Add the garlic and cook for about **30 seconds**.

Add the greens and sauté until tender, about **3–5 minutes**.

Finish with fresh lemon juice and a pinch of sea salt.

4. Serve

Spoon the cauliflower mash onto each plate, add the garlic greens, and top with the herb-roasted salmon.

Serve with an extra lemon wedge if desired.