



# Indian Salmon in Mustard Sauce with Massaged Kale & Quinoa

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🕒 10 MINS | 🍴 4 SERVINGS

🔄 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

3 cups water	1 teaspoon turmeric
1 cup quinoa	2 tablespoons mustard powder
2 quarts kale torn into bite-sized pieces	$\frac{3}{8}$ cup olive oil divided
4 3-oz fillets salmon	$\frac{1}{2}$ teaspoon mustard seeds
4 pinches salt	$\frac{1}{2}$ teaspoon cumin seeds
	2 serrano chiles

### NUTRITION INFORMATION PER SERVING

Protein 27g	Sodium 504mg
Total Fat 29g	Saturated Fat 4.22g
Carbs 32g	Fruits 0 servings
Calories 493kcal	Vegetables 1.03 servings
Fiber 4.85g	Added Sugar 0g

## Method

1. Combine 2/3 of water with quinoa in a pot. Bring to a boil, cover, and reduce heat to medium and allow to cook for 15-20 minutes. Set aside when done.
2. In a bowl, toss kale with 1/3 of oil and massage greens using your fingers. Put to the side and allow to rest.
3. Rub fish with salt. Set aside.
4. In a small bowl, combine turmeric and mustard powder with remaining water to make a paste and set aside.
5. Heat remaining oil in a skillet over medium heat. Add mustard seeds and cook for 2 minutes. Then add cumin seeds and cook for about 30 seconds. Add paste and chilies to the pan and mix well. Add fish and cook for about 10-12 minutes, constantly basting (spooning with the sauce to cover the fish). Adjust seasonings according to taste.
6. Serve fish with kale greens over quinoa.

