



## TheNakedLabel Cooking Segment

### *Saucy Salmon Meets Bodacious Broccoli*

This is a great meal to boost our Omega 3's! Both the Salmon and Flax oil are excellent sources.

### *Ingredients*

#### **Saucy Salmon**

- 1 large filet of salmon
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 small handful of cilantro
- salt and pepper to taste
- 1 bag for marinating

#### **Bodacious Broccoli**

- 1 tree of broccoli
  - 1/8 cup sunflower seeds
  - 1/2 tbsp flax seed oil
- + brown rice



### *Directions*

Put the salmon in the marinating bag and add the rest of the ingredients. Shake it up and seal the bag, making sure to remove as much air as possible. Marinate for 2 hours (Note: You can marinate it longer if need be or if you are really pressed for time then skip the marinating time all together, it will still taste great).

Preheat Oven to 350°C. Add the salmon to a dish with a lid and place in the oven for about 15-20 minutes (Note: Make a small incision in the middle of the salmon to make sure it is cooked all the way through before serving).

Cut the tree of broccoli into smaller pieces. Place in a pot with about 1.5 inches of boiling water. Cook until fork can be inserted quite easily but DON'T OVERCOOK! When cooked, use a strainer to strain the broccoli and blast for a few seconds with cold water. Toast the sunflower seeds by placing them in a pot/frying pan on medium heat and stirring frequently until lightly browned. In a bowl, toss the broccoli, flax oil and toasted sunflower seeds.

I often eat this with brown basmati rice but it's also delicious with quinoa, couscous, and buckwheat.

Now it's time to eat! Plate the salmon, broccoli, and brown rice.

Enjoy!

