Roasted Salmon Bowl with Pumpkin Curry Sauce

Serves 4

For Salmon
4- 6 oz salmon fillets
1 pint grape tomatoes, halved
1/2 cauliflower head, cut into small florets
½ broccoli head, cut into small florets
1 small red onion, cut into wedges or diced large
1 lime or lemon, thinly sliced into rounds
Olive oil as needed
Salt and pepper

For Pumpkin Curry Sauce
1 tablespoon olive oil
1 tablespoon curry powder
1 small onion, diced
3- 4 cloves garlic, minced
1 can coconut milk
1 cup pumpkin puree
1 cup water, broth or stock
4 cups baby spinach, roughly chopped
Lime juice, as needed (optional)
Salt and pepper, to taste

For bowls
6 cups cooked grains like brown rice/ quinoa etc
Chopped cilantro
Chopped toasted pepitas or cashews (optional)
Lime to serve, optional

1. Preheat your oven to 400 degrees and line a baking sheet with parchment paper or foil, lightly coat with oil, and set aside.

2. Season salmon with salt and pepper and set aside. In a mixing bowl, combine grape tomatoes with cauliflower, broccoli, and onion, mix with a few teaspoons of oil and salt and pepper. Spread on the prepared baking sheet and roast vegetables for 5 minutes, remove from oven and lay fish on top of vegetables and then top fish with lime or lemon slices, or you can also push the vegetables aside and lay the fish directly on the parchment paper. Return the pan into the oven and cook for an additional 10- 12 minutes or until the fish flakes easily when touched.

3. While salmon is cooking make your curry sauce; heat a pan over medium- high heat, once hot, coat pan with oil, once oil is hot sprinkle curry powder into hot oil and cook until fragrant, about 20- 30 seconds, add in onion and garlic and sauté until onion turns translucent about 1 minute.

4. Stir in coconut milk, pumpkin, water, broth or stock and bring it up to a boil. Simmer curry sauce for five minutes, stir in the baby spinach and turn off the heat, taste, and adjust seasoning to your liking.

5. Serve salmon on top of cooked grains, with roasted vegetables, salmon, and curry sauce ladled over, garnish with cilantro, pepitas, and lime.

Chia Fruit Pudding

Makes 2 servings
¾ cups milk of choice, thicker creamier kinds of milk like whole milk or full-fat coconut milk will be richer
¾ cup chia seeds
1- 2 tablespoons maple syrup, agave or honey, more or less to taste
Fruit
Mint to garnish

1. In a bowl, combine milk of choice with chia seeds and sweetener, mix well cover and refrigerate for at least 2 hours, preferably overnight.

2. Mix the pudding and add more milk to thin out or more chia seeds to thicken if needed and then serve with fruit and garnish with mint.

3. Play with flavor variations and make a chocolate pudding by using cacao powder!