

Honey-Glazed Salmon with Quinoa and Roasted Asparagus

By Dustin Arnold

Wild salmon brushed with a honey-mustard glaze, served over fluffy quinoa with charred asparagus. Weeknight dinner in 30 minutes.

weeknight

dinner

fish

gluten-free

PREP	COOK	TOTAL	SERVINGS
10 min	20 min	30 min	4

Ingredients

- 1 cup quinoa (rinsed well)
- 2 cups low-sodium chicken or vegetable broth
- 1 lb asparagus (tough ends trimmed)
- 2 tbsp extra virgin olive oil (divided)
- 4 fillets wild salmon (about 6 oz each, skin on)
- 2 tbsp raw honey
- 1 tbsp whole-grain mustard
- 1 tbsp Dijon mustard
- 1 clove garlic (grated)
- 1 tsp lemon zest
- sea salt and black pepper
- 1 lemon (cut in wedges, to serve)

Instructions

1. Preheat the oven to 425°F (220°C). Line a sheet pan with parchment.
2. **Quinoa:** Bring broth to a boil in a small saucepan. Add quinoa and a pinch of salt, reduce to a simmer, cover, and cook 15 minutes. Remove from heat and let stand 5 minutes, then fluff with a fork.
3. **Asparagus:** Toss with 1 tbsp olive oil, salt, and pepper. Spread on one side of the sheet pan.
4. **Glaze:** In a small bowl, whisk honey, both mustards, grated garlic, and lemon zest.
5. Pat the salmon dry and place skin-side down on the other side of the sheet pan. Brush each fillet generously with the glaze. Season with salt and pepper.
6. Roast 10–12 minutes until the salmon flakes easily and the asparagus is tender-crisp with charred tips.

7. Serve the salmon over quinoa with the asparagus alongside and a wedge of lemon.