

Lunch | Dinner

# Pan Seared Turmeric Salmon

**10 Mins**  
Prep Time

**10 Mins**  
Cook Time

**4**  
Servings

**298 Calories** **20g Fat** **0g Carbs** **26g Protein**



## Ingredients

**4 Servings** **20 Mins Total Time** **Allergens: N/A**

1/2 Tsp Ground Turmeric

1/2 Tsp Ground Ginger

1/2 Tsp Ground Cumin

1/2 Tsp Ground Mustard

1/4 Tsp Salt

1 Tbsp Extra Virgin Olive Oil

4 (4 oz) Fillets Salmon (wild caught if possible)

### Nourishment Note



#### Turmeric

Turmeric is a spice that contains high amounts of antioxidants. Antioxidants may help to lower inflammation within the body.



#### Olive Oil

Olive oil contains monounsaturated fats. This type of fat may help to reduce inflammation associated with Crohn's disease and ulcerative colitis.



#### Salmon

Salmon contains omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation in the body.

## Instructions

### 1. Mix Spices

In a bowl, mix together the turmeric, ginger, cumin, mustard, and salt.

### 2. Prepare Salmon Fillets

Season salmon fillets with the spice mixture.

### 3. Cook Fillets

In a skillet, heat oil on medium-high heat. Place salmon fillets skin side up in pan. After cooking for 5 minutes, flip the salmon.

### 4. Check for Doneness

Cook another 5 minutes or until salmon is opaque and flakes easily with a fork.

### 5. Serve & Enjoy

Once salmon is fully cooked, plate fillets and enjoy!

Recipe Created by Meijer Registered Dietitians,  
Beth Eggleston and Emily Parsell

## What You'll Need



Measuring Spoons



Mixing Bowl



Spoon



Skillet



Tongs

### Remission Remix

- Serve with a side of brown rice and roasted or steamed broccoli.