Simple Oven-Grilled Salmon with Steamed Broccoli

A healthy, high-protein meal featuring perfectly grilled salmon and tender steamed broccoli, ideal for weight loss and muscle maintenance.

Servings: 2 **Time:** 25 minutes

Ingredients

- 2 (6 oz) salmon fillets
- 1 tablespoon olive oil
- 1 teaspoon lemon zest
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon garlic powder
- Salt and black pepper to taste
- 4 cups fresh broccoli florets
- 1/4 teaspoon salt (for steaming broccoli)
- Optional: fresh parsley for garnish

Instructions

1. Preheat the oven grill setting to 450°F.
2. Place salmon fillets on a baking tray lined with foil or a grill pan.
3. Brush salmon with olive oil, then sprinkle lemon zest, lemon juice, garlic powder, salt, and pepper evenly over fillets.
4. Grill salmon in the oven for 10-12 minutes or until the fish flakes easily with a fork.
5. While salmon cooks, fill a pot with 1 inch of water and bring to a boil on the stovetop.
6. Place broccoli florets in a steamer basket over boiling water, sprinkle with salt, and cover.
7. Steam broccoli for 5-7 minutes until tender but still crisp.
8. Serve the grilled salmon alongside steamed broccoli, garnished with fresh parsley if desired.

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