

Grilled

This recipe is packed with omega-3 fatty acids, lean protein, and essential nutrients for a delicious and healthy meal.

CHICKEN & SHRIMP

Ingredients:

- For the Salmon and Shrimp:
- 2 salmon fillets (6 oz each)
- 12 large shrimp, peeled and deveined
- 2 tbsp olive oil
- 2 tsp garlic powder
- 2 tsp paprika
- 1 tsp dried thyme
- 1/2 tsp salt (or to taste)
- 1/2 tsp black pepper
- Juice of 1 lemon
- 1 tbsp fresh parsley, chopped (for garnish)

For the Broccoli:

- 3 cups broccoli florets
- 1 tbsp olive oil
- 1 clove garlic, minced
- Salt and pepper to taste
- Juice of 1/2 lemon



Directions:

1. Marinate the Salmon and Shrimp:

In a small bowl, mix olive oil, garlic powder, paprika, thyme, salt, black pepper, and lemon juice. Brush the mixture generously over the salmon fillets and shrimp. Let marinate for 10–15 minutes.

2. Grill the Salmon and Shrimp:

Preheat your grill or grill pan to medium–high heat.

Place the salmon fillets skin–side down and cook for about 4–5 minutes on each side or until the internal temperature reaches 145°F (63°C).

Grill the shrimp for 2–3 minutes per side, until pink and opaque. Remove both from the grill and set aside.

3. Prepare the Broccoli:

Steam the broccoli florets in a steamer or pot with a steaming basket for 5–7 minutes, until tender–crisp.

In a skillet, heat olive oil over medium heat and sauté the minced garlic until fragrant.

Toss the steamed broccoli in the skillet with the garlic. Season with salt, pepper, and a squeeze of lemon juice.

4. Serve:

Plate the grilled salmon and shrimp alongside the garlic–lemon broccoli.

Garnish with fresh parsley and additional lemon wedges if desired.