



ALTERED ATHLETICS

GARLIC DIJON SALMON WITH GREEN BEANS & QUINOA

Calories: 430

Protein: 38g | **Carbs:** 34g | **Fat:** 14g

Ingredients:

Atlantic salmon (skin off) – 120g

Cooked quinoa – 90g

Green beans – 100g

Dijon mustard – 10g

Lemon juice – 10g

Garlic – 3g

Directions:

Mix garlic, Dijon, and lemon as a glaze.

Bake salmon at 400°F (205°C) for 12–15 mins with glaze.

Steam green beans and serve with quinoa.