

Mark's Kitchen

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Boost Your Brain Power with This Slow Roasted Salmon

Ready in: 30 minutes

Serves: 2

My docuseries, [Broken Brain](#), goes live today! To celebrate we have another brain-boosting recipe. Today's tasty dish is one of the [Parsley Health](#) founder, Robin Berzin, favorites and was created by Lily Kunin from [Clean Food Dirty City](#).

Not only is this meal delicious, but salmon is high in omega-3's which are essential for optimal brain function. As an added boost, top your bowl with toasted walnuts which are high in DHA, an omega-3 fatty acid that improves cognitive performance in adults and prevents age-related cognitive decline. If you want to take it a step further, munch on some blueberries for dessert, whose gallic acid preserves brain function and can keep stress at bay. No matter what you choose, your stomach and brain are sure to be happy!

Ingredients:

Slow-Roasted Salmon:

- 1/2 lb. thick wild salmon fillet
- Mixed herbs (like chives, rosemary, and thyme)
- Lemon zest
- Drizzle of extra-virgin olive oil
- Sea salt

Herb Sauce:

- 1 cup packed basil
- 1/4 cup packed chives
- 2 tablespoons lemon juice
- 1/4 teaspoon sea salt
- freshly ground black pepper
- 1/4 cup extra-virgin olive oil

Brussels Sprouts Slaw:

- Handful Brussels sprouts
- Lemon juice
- Drizzle of extra-virgin olive oil
- Sea salt and freshly ground black pepper, to taste

Extra ingredients:

- 1 avocado, sliced
- Two handfuls baby lettuces
- Optional: tri-color quinoa and/or new potatoes

For the salmon:

Step 1: Preheat the oven to 250°F.

Step 2: Place the salmon skin side down on a parchment lined baking sheet.

Step 3: Sprinkle with kosher salt and scatter some fresh herbs over the top – use whatever you have on hand but some favorites are thyme, rosemary, and chives. Add some lemon zest and a drizzle of olive oil.

Step 4: Roast in the oven for 25 to 30 minutes, until you can easily pierce through and flake with a fork.

For the Brussels sprouts:

Step 1: Toss the shredded sprouts with a few generous squeezes of lemon, drizzle of olive oil, and salt and pepper to taste. Mix well and set aside.

For the herb sauce:

Step 1: Combine the basil, chives, and lemon juice in blender.

Step 2: With machine running, slowly blend in olive oil, adding more as needed until sauce blends smooth. Season with salt and pepper to taste.

To assemble:

Step 1: Gently flake salmon and divide into two portions.

Step 2: Assemble two bowls, each with half of the salmon, Brussel sprouts, baby lettuces, and avocado. Optional: You may also add tri-color quinoa and/or new potatoes.

Step 3: Top each bowl with the herb sauce.

Nutritional analysis per serving (half of the recipe): calories 565, fat 47g, protein 26g, carbohydrate 14g, sodium 649mg