

Salmon, kale, and quinoa bowls with lemony tahini dressing



Recipe by Nutritionist Rosie Eyre of [By Rosie](#)

This delicious dish supports bone strength. It's perfect for people with osteoporosis.

Salmon provides **vitamin D** and **omega-3 fats**. These are vital for calcium absorption and protecting against bone loss.

Quinoa adds plant-based **protein** and **magnesium**. This supports the mineralisation process that keeps bones strong.

Calcium and **vitamin K** are also essential for maintaining bone density. This is delivered by the:

- Kale
- Sesame seeds
- Parsley
- Tahini

A squeeze of lemon brightens the flavour. It also boosts calcium absorption and collagen formation through its **vitamin C** content.

Serves: Two people

Takes: 30 minutes

Ingredients:

- 2 salmon fillets (120–150g each)
- ½ cup quinoa, rinsed
- 1½ cups water or broth
- 2 cups Tuscan kale, stems removed, roughly chopped
- ¼ cup currants or sultanas
- ¼ cup parsley, finely chopped (or pre-bought)
- 2 tbsp sesame seeds (optional to toast before adding to quinoa)
- 1 tbsp olive oil
- Sea salt and black pepper

Tahini Dressing:

- 2 tbsp tahini
- 2 tbsp lemon juice
- 1 small garlic clove, minced
- 1–2 tbsp warm water (to thin)
- ½ tsp sugar
- Pinch of sea salt

Method:

1. Prep all the ingredients, so they are ready to go.
2. In a medium saucepan, add quinoa and water/broth. Bring to boil, reduce heat, cover, and simmer 15 minutes until fluffy.
3. In last 5 minutes of quinoa cooking, add chopped kale leaves to quinoa, stir through and place lid back on for the final 5 minutes. Once cooked, take lid off and allow to slightly cool.
4. Whilst quinoa is cooking; in a large frying pan, heat a good splash of olive oil. Season salmon with salt and pepper, then pan-sear 3–4 minutes per side until cooked through.
Tip: salmon is cooked if it flakes easily when pressed with a fork.

5. Whisk tahini, lemon juice, garlic, and salt together. Add warm water until smooth and pourable.
6. Add currants, parsley and sesame seeds to quinoa and stir through, season to taste with salt and pepper and squeeze of remaining lemon juice.
7. Divide quinoa into bowls, top with kale and salmon. Drizzle with tahini dressing.

Enjoy!

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