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## MEAL

- Gluten-free
- Dairy-free

# Walnut Pesto Salmon and Cauliflower Mash

IMMUNE SUPPORT AND SKIN HEALTH



**Prep time:** 15 minutes



**Cooking time:** 10 minutes



**Total time:** 25 minutes



**Allergens:** nuts, fish

**Servings:** 2



## INGREDIENTS

### WALNUT PESTO

- 1 garlic clove
- 15g fresh basil, remove stems
- 5g fresh parsley, remove stems
- 3 tbsp extra virgin olive oil
- 35g walnuts
- 1 tbsp hemp seeds
- 1 tsp lemon juice
- 1 pinch of sea salt
- 1 pinch of cracked black pepper

### CAULIFLOWER MASH

- 1 head of cauliflower, cut into small florets
- 2 garlic cloves, peeled, minced
- 2 tbsp extra virgin olive oil
- 60ml unsweetened almond milk or any alternative milk
- 1 pinch of sea salt
- Cracked black pepper, season
- 1 bunch of fresh parsley, chopped, garnish

### SALMON

- 2 wild salmon fillets
- Drizzle of avocado oil (optional)
- Salt and pepper, season lightly

## PREPARATION

1. Begin by placing all the walnut pesto ingredients into a blender and blitz until smooth.
2. Remove from blender and place to one side.
3. Cut the cauliflower into small florets and steam until tender.
4. Heat a pan with avocado oil and add the seasoned salmon fillets. Cook for 3-4 minutes on each side until cooked through yet still moist inside.
5. Once the cauliflower is steamed, add to a food processor along with garlic, olive oil, almond milk, salt, and pepper. Blend until smooth.
6. Plate the cauliflower mash and garnish with fresh parsley.
7. Remove the salmon from the pan and place over the mash. Use a teaspoon to place the walnut pesto overtop the salmon. Add a side of greens such as steamed broccoli or wilted spinach and enjoy!

## RECIPE HEALTH BENEFITS

- Salmon is high in Omega-3 fatty acids which help reduce inflammation in the body. It can also assist in alleviating joint discomfort, fatigue and skin irritations. It is packed with antioxidants, vitamins and minerals which include selenium, B3, B5, B6, B12, magnesium, vitamin E and D.
- Extra virgin olive oil is rich in antioxidant polyphenols and reduces inflammation.
- Cauliflower is abundant in vitamins C, K, folate, and a great source of dietary fibre, making it easy to digest. This cruciferous vegetable inhibits enzymes from activating cancer cells and promotes heart health.
- Walnuts are powerful antioxidants, protein-rich and have an abundance of vitamins and minerals.
- Parsley is high in vitamin C and contains vitamin K which is essential to bone health.
- Garlic contains medicinal properties that support overall immune health.
- Basil supports the body in fighting infections, is an antioxidant and increases anti-inflammatory activity.

## TIPS

- It is important to get good quality wild salmon to avoid excess toxins such as PCB's. Wild salmon is also richer and fuller in flavour.
- If you are not a fan of salmon, try this recipe with any other oily fish such as sardines, mackerel, anchovies, or herring.
- When selecting your cauliflower, look for a clean, creamy white head that is tightly packed and slightly firm. Ensure the cauliflower has thick green healthy-looking leaves, as they typically keep this vegetable fresher for longer.
- When using garlic in your culinary recipes it is best to chop the cloves and let them sit for about 10 minutes before cooking. This releases allicin which activates their medicinal properties.
- If you are heating any oils like in this recipe, avocado oil is a great option as it has a high smoke point, meaning, its properties are not destroyed, and toxins are not released at high temperatures.
- The best way to store nuts and seeds are in an airtight container in the fridge for up to 6 months or up to a year in the freezer.

Amongst many of its health benefits, salmon is a great source of protein which supports energy levels, particularly good for those with adrenal exhaustion. It contains tryptophan, an amino acid used by the body to produce melatonin and serotonin which regulates sleep cycles.

This **colourful** dish is packed with **Omega 3 fatty acids**, full of **protein** and **medicinal herbs**. Best served warm for lunch or dinner. Leftovers should be refrigerated in an airtight container and consumed the next day.



Recipe created by Gill Compton, CNM London:  
Naturopathic Nutrition/NaturalChef

### References:

- CNM London Lecture. (2021). Nuts and Seeds. London, United Kingdom
- Mateljan, G. (2007). The World's Healthiest Foods. George Mateljan Foundation. Seattle, Washington. Pages 200,504, 770, 476-483, 699



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