

Fish & Broccoli Casserole

This delicious bake casserole will have you enjoying a light dinner without skimping on flavor!



Main Dish

25 min

Total time

Difficulty: Easy

Difficulty

350

kcal / serving

Ingredients

- Ingredients for 1 person
- 1/4 cup of cooked quinoa
- 1 broccolini, washed and chopped into small 1" pieces
- 2 roasted and peeled garlic cloves, minced
- 1/4 cup of chicken broth
- 1/4 teaspoon of onion powder
- Salt and pepper to taste
- 4 ounces of cooked fish (cod, tuna, salmon), flaked
- 1 tablespoon olive oil
- 1/4 cup of shredded cheese

Steps

- 1 Steps of Preparation
- 2 Preheat oven to 350F
- 3 In a large bowl, combine quinoa, broccolini, garlic cloves, chicken broth, onion powder, salt, and pepper.
- 4 Gently fold in the cooked fish.
- 5 Transfer to a small greased baking dish, spreading the mixture out evenly.
- 6 Drizzle olive oil over the top and sprinkle with cheese.
- 7 Bake for 15-20 minutes.
- 8 Serve hot and enjoy!