

One-Skillet Garlicky Salmon & Broccoli

This one-skillet salmon and broccoli recipe is the perfect 20-minute dinner for busy weeknights. This dish combines tender, flaky salmon with crisp, garlicky broccoli and bell pepper, all cooked in one pan for easy prep and cleanup. Packed with lean protein, omega-3s and a generous serving of veggies, this is one recipe you'll want on repeat!

By **Alex Loh** | Updated on September 7, 2025

Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

Active Time: 20 mins

Total Time: 20 mins

Servings: 4

Nutrition Profile:

No Added Sugar Anti-Inflammatory Mediterranean Diet Sesame-Free Weight Loss Diabetes-Friendly Nut-Free Dairy-Free High-Protein Egg-Free Gluten-Free

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1¼ pounds skinless center-cut salmon fillet, cut into 1-inch pieces
- 8 cloves garlic, thinly sliced, divided
- ¾ teaspoon salt, divided
- ½ teaspoon crushed red pepper
- 5 cups broccoli florets
- 2 medium red bell peppers, seeded and chopped (2 cups)
- 1 tablespoon water
- 1 teaspoon grated orange zest
- 1½ tablespoons orange juice

1 tablespoon reduced-sodium tamari

1 tablespoon thinly sliced scallions

Directions

Step 1

Heat 2 tablespoons oil in a large nonstick skillet with a lid over medium-high heat. Add salmon pieces and half of the sliced garlic in an even layer. Sprinkle with ½ teaspoon each salt and crushed red pepper. Cook, uncovered, stirring and turning occasionally, until the salmon is opaque on all sides and just cooked through, 4 to 5 minutes. Using a fish spatula or tongs, transfer the salmon to a plate.

Step 2

Without wiping the skillet clean, add 5 cups broccoli, the chopped bell peppers, 1 tablespoon water and the remaining sliced garlic and ¼ teaspoon salt. Cover and cook, stirring occasionally, until the vegetables are tender-crisp, 4 to 5 minutes. Stir in 1½ tablespoons orange juice and 1 tablespoon tamari. Gently fold in the cooked salmon. Divide among 4 shallow bowls; spoon any remaining liquid from the pan over the bowls. Sprinkle with 1 teaspoon orange zest and 1 tablespoon scallions.

Nutrition Information

Serving Size: about 1¼ cups

Calories 330, Fat 16g, Saturated Fat 3g, Cholesterol 75mg, Carbohydrates 12g, Total Sugars 5g, Added Sugars 0g, Protein 35g, Fiber 4g, Sodium 706mg, Potassium 984mg

Frequently Asked Questions

How will I know the salmon is done cooking? ▼

The best way to tell if salmon is fully cooked is to use an instant-read thermometer. When the fish reaches a temperature between 130°F and 135°F, take it off the heat. The temperature will continue to rise while it rests. It is considered done when it reaches 145°F. At this point, you will also notice that the salmon flakes easily.

Besides broccoli, what other vegetables go with salmon? ▼