

Red Pepper Salmon with Roasted Almond Cauli-Cous Cous

serves 4

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For the "Cauli-couscous":

1 head cauliflower, riced in a food processor
1/4 cup currants or chopped golden raisins
Juice of 1 small lemon, about 3 tablespoons
1/4 cup roasted almonds, chopped
2 tablespoons of avocado oil
1/4 cup fresh parsley, chopped
1 teaspoon Healthy in a Hurry Tagine seasoning*
1/2 teaspoon sea salt
handful of fresh spearmint leaves

For the Seasoned Salmon:

4 salmon filets, about 4 ounces each
1 teaspoon smoked paprika
1/2 teaspoon sea salt

For the Spicy Red Pepper Sauce:

2 red bell peppers, seeded and chopped
1 tablespoon honey
Juice of 1 lemon
Spices: 1 teaspoon of paprika, 1 teaspoon of ancho chile powder, 1/2 tsp sea salt , 1/4 tsp red pepper flakes*
2 tablespoons red wine vinegar
2 cloves garlic, peeled
2 tablespoons of avocado oil

Instructions:

Heat a large skillet over medium heat. Add avocado oil.

Add the chopped red bell peppers to the skillet over medium-high heat and sauté until they start to soften, 2 to 3 minutes.

Spoon the peppers into a mini food processor and add the seasoned salmon filets to the skillet skin side down. Cook for 4-5 minutes on each side until cooked through and flaky. Remove the salmon and set aside.

In the same skillet, add the riced cauliflower, currants, lemon juice, chopped roasted almonds, chopped parsley, seasonings, and sea salt. Cook for about 5-7 minutes until the cauliflower is tender and golden. Transfer to a bowl and keep warm.

While the cauliflower is cooking, prepare the spicy red pepper sauce. To the food processor, add honey, lemon juice, paprika, ancho chile powder, sea salt, red pepper flakes, red wine vinegar, garlic cloves, and remaining avocado oil. Process until smooth. Pour the sauce into the empty skillet and simmer on medium-high heat, until thickened, 3-5 minutes.

Return the cooked salmon filets to the skillet, nestling them in the red pepper sauce.

Serve the salmon over a bed of the roasted almond cauliflower couscous. Drizzle any remaining sauce over the salmon filets.

Notes

Make It Ahead :

Make and store couscous for 5 days. Reheat in a skillet over medium heat.

Make and refrigerate the sauce for 10 days.

Make and refrigerate the salmon for 2 days. Reheat with sauce in a skillet over medium heat.

Prep It Ahead

Up to 5 days before:

Grate cauliflower

peel garlic for sauce

Up to 2 days before

chop herbs for couscous

season uncooked salmon