



# Red Pepper Salmon with Roasted Almond Couscous

SERVES  
4  
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## INGREDIENTS

### 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, ½ tsp sea salt, ¼ tsp red pepper flakes\*  
2 tablespoons red wine vinegar  
2 cloves garlic, peeled  
2 tablespoons of avocado oil

## METHOD

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.

### SEASONED SALMON

4 salmon filets, about 4 ounces each  
1 teaspoon smoked paprika  
½ teaspoon sea salt

### “COUSCOUS”

1 head cauliflower, riced in a food processor  
¼ cup currants or chopped golden raisins  
Juice of 1 small lemon, about 3 tablespoons  
¼ cup roasted almonds, chopped  
2 tablespoons of avocado oil  
¼ cup fresh parsley, chopped  
1 teaspoon Healthy in a Hurry Tagine seasoning\*  
½ teaspoon sea salt  
handful of fresh spearmint leave

