



August

Salmon Couscous Salad Bowl



2 servings



35 minutes

Ingredients

Salmon:

- 2x 4-6 ounce salmon fillets (*use fresh rather than previously frozen, if possible*)
- 1 Tbsp avocado oil (*or other high-heat cooking oil*)
- 1 tsp cumin
- ½ tsp paprika
- ½ tsp garlic powder
- Salt + pepper, to taste

Salad:

- ½ cup moroccan couscous, dry
- 1 cup cucumber, chopped
- 1 cup cherry tomatoes, chopped
- 2 Tbsp shallot, diced
- ¼ cup fresh mint, chopped
- ½ cup feta, crumbled
- ½ a lemon, juice only
- 1 Tbsp olive oil

Instructions

1. In a small bowl, mix avocado oil with cumin, paprika, garlic powder, and salt until well-combined.
2. Place salmon fillets on a plate and brush with oil and spice mixture until evenly coated. Season with pepper and set aside.
3. On the stovetop, cook couscous according to package directions.
4. Once couscous is cooked, add chopped cucumber, tomatoes, mint, feta, lemon juice, and olive oil to the pot. Toss with couscous, seasoning with salt and pepper as desired. Set aside.
5. Heat a large pan over medium-high. Test to make sure the pan is hot enough by splashing a drop of water on it. If it sizzles – you're good to go!
6. Place salmon skin side down onto the hot pan. Cook for 3-5 minutes (depending on thickness), using a spatula to press salmon down.
7. Once the sides of the salmon have turned more opaque, flip the fish so that the skin-less side is touching the pan. **Turn off the heat**, and let the fish cook for another minute or two. The goal is to have the outside cooked, but the insides soft and tender.
8. Serve couscous salad in 2 bowls and top with cooked salmon. Enjoy!