

SPICY MOROCCAN SALMON

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COOK TIME: 30mins

SERVES: 4

CALORIES: 662 kcal (PER SERVING)

INGREDIENTS

*SALMON

4 salmon fillets, skin removed
1 tsp each: salt, black pepper, smoked paprika

*SPICY TOMATO SAUCE

2 tbsp olive oil
1 tbsp unsalted butter
1 lemon, thinly sliced
4 garlic cloves, minced
1 small brown onion, finely chopped
1 tsp grated ginger
1 tsp each: salt, black pepper,
ground cumin, ground coriander
3 tbsp tomato paste
¼ cup/50 ml vegetable broth
1 ½ cups/350 ml crushed tomatoes
1 tsp chili paste or 1 chili pepper
2 tbsp chopped parsley
2 tbsp chopped cilantro
4 oz/120 g Castelvetrano olives

*PISTACHIO PEARL COUSCOUS

1 cup pearl couscous, couscous or rice
1 tbsp unsalted butter
4 tbsp chopped toasted pistachios
1 tbsp cilantro + parsley
salt and black pepper to taste

DIRECTIONS

If using, start with cooking the couscous or rice in salted water according to the package instructions. Drain. Combine with butter, pistachios, parsley and cilantro. Season with salt and black pepper.

in the meantime, get the prep done before you start cooking: mince the garlic, finely chop the onion, grate the ginger. Thinly slice the lemon.

Heat oil and butter in a large nonstick skillet over medium heat. Add salmon and sear, about 3-4 minutes on each side. Remove from the skillet and set aside.

Place the lemon slices flat on the bottom of the skillet in a single layer and sear over high heat for 30 seconds on each side without stirring, or until caramelized. Remove the lemons from the skillet and set aside.

Reduce the heat to low. Add garlic, onion and ginger. Cook for 3 minutes, or until soft and fragrant. Stir in salt, pepper, cumin and coriander. Add tomato paste, stir for 1 minute. Deglaze with vegetable broth, simmer for 2 minutes, stir with a wooden spoon while scraping up the brown bits on the bottom of the skillet. Add chili paste and pour in crushed tomatoes, simmer for 3 minutes.

In the meantime, roughly chop the parsley and cilantro.

Add parsley and cilantro to the sauce. Return salmon to the skillet. Add olives and top with lemon slices. Allow to cook for 3 more minutes or until the salmon is just cooked through.

Serve with pistachio couscous. Enjoy!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.