

Mexican Spiced Salmon

with Black Rice, Avocado & Orange Salad

In this wholesome recipe, we're livening up our pan-seared salmon with a dry rub of Mexican spices, including ancho chile powder and Mexican oregano. And we're serving the crispy fillets over a salad of black rice (rich in both color and flavor), creamy avocado, juicy orange and crunchy toasted pepitas, or pumpkin seeds. We're cooking the black rice pasta-style—boiling and then draining it—for the perfect consistency: the grains soften, but stay chewy and firm enough to hold up to the hearty salad ingredients.



Ingredients

2 Skin-On Salmon Fillets

$\frac{2}{3}$ Cup Black Rice

1 Avocado

1 Navel Orange

1 Lime

1 Bunch Cilantro

Knick Knacks

2 Tablespoons Pepitas

1 Shallot

2 Teaspoons Mexican Salmon Spice Blend
(Garlic Powder, Ancho Chile Powder, Sweet Paprika, Ground Cumin & Mexican Oregano)

Makes 2 Servings

About 700 Calories Per Serving

Prep Time: 15 min | Cook Time: 25 to 35 min



1

**Cook the rice:**

Heat a large pot of salted water to boiling on high. Once boiling, add the **rice** and cook 27 to 29 minutes, or until tender. Remove from heat. Drain thoroughly and rinse under cold water to cool slightly. Return to the pot.

2

**Prepare the ingredients:**

While the rice cooks, wash and dry the fresh produce. Cut off and discard the peel and pith of the orange; medium dice the orange. Pick the cilantro leaves off the stems; discard the stems. Using a peeler, remove the green rind of the lime, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter the lime. Pit, peel and medium dice the avocado; toss with **the juice of 1 lime wedge** to prevent browning. Peel and mince the shallot; place in a medium bowl with **the juice of the remaining lime wedges**.

3

**Toast the pepitas:**

While the rice continues to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **pepitas**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until toasted and fragrant. (Be careful, as the pepitas may pop as they cook.) Transfer to a paper towel-lined plate. Wipe out the pan.

4

**Cook the salmon:**

While the rice continues to cook, pat the **salmon fillets** dry with paper towels; season the skinless sides with salt, pepper and the **spice blend**. In the pan used to toast the pepitas, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets, skinless sides down, and cook 2 to 3 minutes per side, or until browned and cooked through. Remove from heat.

5

**Make the vinaigrette:**

While the salmon cooks, season the **shallot-lime juice mixture** with salt and pepper to taste. Slowly whisk in **2 tablespoons of olive oil** until well combined.

6

**Make the salad & serve your dish:**

While the salmon continues to cook, add the **lime zest, avocado, orange, toasted pepitas** and **vinaigrette** to the pot of **cooked rice**. Drizzle with olive oil and toss to thoroughly combine; season with salt and pepper to taste. Divide between 2 dishes. Top with the **cooked salmon fillets**. Garnish with the **cilantro**. Enjoy!