

Salmon

with Fennel Two Ways & Cauliflower Steak

Fennel is a staple vegetable around the world and can be found in Mediterranean, Middle Eastern, and Indian cuisines. To showcase its incredible versatility and unique characteristics, we use it in two distinctively different ways: ground fennel seed is used to season the salmon, while the fresh fennel bulb and its fronds provide a light and crunchy salad on the side.



Ingredients

- 2 Tablespoons Taggiasca Olives
- 1 Bunch Parsley
- 1 Bulb Fennel with Fronds
- 1 Lemon
- ½ Head Cauliflower
- 2 Fillets Salmon
- 1 Tablespoon Ground Fennel Seed

Makes 2 Servings
About 425 Calories Per Serving

Instructions



Prepare the ingredients:

Preheat oven to 500°F. Wash and dry the fresh produce. Using the side of your knife, flatten the olives to easily remove the pits. Finely chop the olives. Pick the parsley leaves off the stems. Pick the green, leafy fronds off the fennel and thinly slice the bulb. Cut the lemon into wedges. Slice the cauliflower into 1-inch-thick “steaks,” leaving the stem to keep the cauliflower as intact as possible. Place the **cauliflower** on a baking sheet, then drizzle it with olive oil and season with salt and pepper.



Roast the cauliflower:

Roast the cauliflower in the oven 11 to 13 minutes, or until browned and tender when pierced with a fork.



Coat the salmon:

While the cauliflower roasts, coat the non-skin side of the salmon with the **ground fennel seed**.



Cook the salmon:

In a large pan, heat some olive oil on high until hot. Add the **salmon**, skin-side down and cook 1 minute, or until lightly browned. Reduce the heat to medium and cook for 3 to 4 minutes per side, or until cooked through. Season with salt. (Use the side of the salmon to judge the cooking time, when the salmon is cooked halfway through, it's time to flip it.)



Make the salad:

While the salmon cooks, make the salad. In a medium bowl, combine the **sliced fennel, olives, all but a pinch of the parsley, and all but a pinch of the fennel fronds**. (Reserve some parsley and fronds for garnish.) Squeeze the **juice of half of the lemon** and **1 tablespoon olive oil** over the salad. Toss to coat and season with salt and pepper to taste.



Plate your dish:

Divide the **roasted cauliflower steaks** and **fennel salad** between 2 plates. Top the cauliflower with the **cooked salmon** and finish with squeeze of lemon. Garnish with the **remaining parsley, remaining fennel fronds, and lemon wedges**. Enjoy!