

Pan-Seared Salmon over Whole Wheat Israeli Couscous

with Fava Bean-Olive Relish

What started as a staple substitute has become a delicacy. Israeli couscous (also known as ptitim) was originally produced to combat rice shortages in Israel in the 1950's. Made from hardy wheat, rolled into balls and toasted, these little pearls have an incredible, smoky depth of flavor and are easy to work with. Served with the season's last crop of fava beans, this recipe is a delicious farewell to spring.



Ingredients

- 2 Ounces Castelvetrano Olives
- 2 Cloves Garlic
- 1 Carrot
- 1 Bunch Chives
- 1 Bunch Dill
- 1 Lemon
- 1 Onion
- ½ Pound Fresh Fava Beans
- 1 Cup Whole Wheat Israeli Couscous
- 2 Skin-On Salmon Fillets

Makes 2 Servings
About 615 Calories Per Serving



Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Heat 2 pots of salted water to boiling on high. Peel and mince the garlic. Using the side of your knife, smash the olives; remove and discard the pits then roughly chop the olives. Peel and small dice the carrot and onion. Mince the chives. Roughly chop the dill. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Shell the fava beans; discard the shells.



Cook the couscous:

Add the **couscous** to the 1st pot of boiling water. Cook for 5 to 7 minutes, or until tender and cooked though. Drain thoroughly and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. Return the cooked couscous to the pot and set aside as you continue cooking.



Blanch & peel the fava beans:

Add the **fava beans** to the 2nd pot of boiling water and cook 30 seconds to 1 minute, or until slightly softened. Drain thoroughly and place in a bowl of ice water to stop the cooking process. Working one at a time, using your fingertips, remove the bean from the bowl, break off the tip and squeeze the bean out of the outer skin; discard the skin. Set the prepared bean aside. Repeat with the remaining beans.



Make the fava bean relish:

In a medium bowl, combine the **peeled fava beans, olives, lemon zest, chives** and **2 teaspoons of olive oil**. Season with salt and pepper to taste and set aside as you continue cooking.



Cook the salmon:

Season the **salmon fillets** with salt and pepper on both sides. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the **seasoned fish** and cook, loosely covering the pan with aluminum foil, 3 to 4 minutes per side, or until cooked through. Transfer the cooked salmon to a plate and set aside in a warm place. Wipe out the pan.



Finish the couscous & plate your dish:

In the same pan used to cook the salmon, heat 2 teaspoons of olive oil on medium until hot. Add the **onion, garlic** and **carrot** and season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened. Add the **cooked couscous, dill** and **the juice of 2 lemon wedges**. Cook, stirring occasionally, 1 to 2 minutes to combine the flavors. To plate your dish, divide the couscous between 2 dishes. Top each with a **cooked salmon fillet** and a couple spoonfuls of the **fava bean relish**. Garnish with the **remaining lemon wedges**. Enjoy!