

Braised Moroccan-Style Salmon & Greens

with Quick-Preserved Lemon, Pine Nuts & Red Quinoa

You'll be using quick-preserved lemon to add a beautiful, distinctly citrusy note to this North African-inspired meal. Cured in sugar, salt and lemon juice, preserved lemon has a softened peel and mellow pith. That means it's edible in its entirety. In this recipe, you'll make your own quick version using a slightly sweet Meyer lemon. It adds brightness to salmon braised in a bed of pine nuts, currants and vegetables. One of those vegetables is an heirloom cauliflower. Here, orange cauliflower is pictured, but keep an eye out for green or purple varieties.



Ingredients

- 2 Skinless Salmon Fillets
- ½ Cup Red Quinoa
- 3 Cloves Garlic
- ½ Bunch Kale
- 1 Meyer Lemon
- 1 Pound Heirloom Cauliflower
- 1 Bunch Mint

Knick Knacks

- 2 Tablespoons Capers
- 2 Tablespoon Dried Currants
- 2 Tablespoons Sugar
- 2 Teaspoons Ras El Hanout
- 2 Tablespoons Pine Nuts

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Remove the salmon from the refrigerator to bring to room temperature. Peel and mince the garlic. Separate the kale stems and leaves; discard the stems and roughly chop the leaves. Remove and discard the core of the cauliflower; cut the head into small florets. Pick the mint leaves off the stems; discard the stems. Roughly chop the capers. Halve the lemon lengthwise; remove the seeds. Thinly slice one lemon half (including the rind) into half moons; cut the remaining lemon half into 2 wedges. In a small bowl, combine the **sliced lemon, sugar and 1 teaspoon of salt**.

2



Cook the quinoa:

Once the pot of water is boiling, add the **quinoa**. Cook 18 to 20 minutes, or until tender. Drain thoroughly and return to the pot. Stir in **the juice of both lemon wedges** and a drizzle of olive oil; season with salt and pepper to taste. Set aside.

3



Toast the pine nuts:

While the quinoa cooks, heat a medium, dry pan (nonstick, if you have one) on medium until hot. Add the **pine nuts** and toast, stirring occasionally, 3 to 4 minutes, or until golden brown and fragrant. Transfer to a small bowl and set aside. Wipe out the pan.

4



Cook the cauliflower:

In the same pan used to toast the pine nuts, heat 2 teaspoons of olive oil on medium-high until hot. Add the **cauliflower**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until browned. Transfer to a plate and set aside. Wipe out the pan.

5



Braise the salmon:

Season the **salmon** with salt and pepper on both sides. In the same pan used to cook the cauliflower, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic**; cook, stirring frequently, 1 to 2 minutes, or until golden brown. Add the **kale, toasted pine nuts, capers, currants, ras el hanout, cooked cauliflower** and **1 cup of water**; season with salt and pepper. Create 2 wells in the vegetables and nestle a **salmon fillet** into each well; tightly cover the pan with aluminum foil. Cook 7 to 9 minutes, or until the fish is cooked to your desired degree of doneness. Remove from heat.

6



Plate your dish:

Divide the **quinoa** and **vegetable mixture** between 2 dishes. Top each with a piece of **braised salmon**. Stir the **mint** (roughly chopping the leaves just before adding) into the **quick-preserved lemon**. Garnish each plate with the **quick-preserved lemon** and a **spoonful of its juices**. Enjoy!