

Mediterranean Salmon Bowl

By Claire Dieterich



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Ingredients

Couscous

1 ½ cups dry Israeli / pearl couscous
1 tbsp. olive oil
½ tsp. salt

Salmon

1 large salmon fillet, cut into individual portions
2 tbsp. olive oil
2 tsp. smoked paprika
1 tsp. salt
½ tsp. freshly ground black pepper
½ tbsp. oregano

Creamy Sauce

Juice of ½ a lemon
¾ cup plain Greek yogurt
¼ cup sour cream
¼ cup mayo
2 tsp. dried dill
½ tsp. salt
½ tsp. freshly ground black pepper
Juice of ½ a lemon

For serving

1 pint grape tomatoes, halved
1 English cucumber
¼ cup chopped red onion
Fresh arugula
Olive oil, red wine vinegar, salt, and pepper

Instructions

Bring 3 cups of water to a boil in a medium saucepan and add the couscous, olive oil, and salt. Reduce to a simmer for about 20 minutes until the water is gone. Turn off the heat and add the lid to the saucepan.

Preheat oven to 350 degrees Fahrenheit. Pat the salmon dry with a paper towel, then drizzle with the olive oil. Mix together the smoked paprika, salt, pepper, and oregano together in a bowl and rub this over the salmon. Place the salmon on a rimmed baking sheet and bake for 13-16 minutes until the salmon can be cut with a fork. When it's done cooking, squeeze lemon juice over the cooked salmon.

While the salmon is cooking, make your creamy sauce. In a small bowl, whisk together the lemon, yogurt, sour cream, mayo, dill, salt, pepper, and lemon juice

Assemble your salmon bowls with couscous and the fresh vegetables as a base. Add the salmon and creamy sauce. Drizzle with olive oil, red wine vinegar, salt, and pepper if desired.



PRINCE WILLIAM SOUND
WILD ALASKA SOCKEYE

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