

Mediterranean Salmon Bowl

By Claire Dieterich



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Ingredients

Couscous

- 1 ½ cups dry couscous
- 1 tbs olive oil
- ½ tsp salt

Salmon

- 1 large Prince William Sound Sockeye salmon fillet, cut into individual portions
- 2 tbs olive oil
- 2 tsp smoked paprika
- 1 tsp salt
- ½ tsp freshly ground black pepper
- ½ tbs oregano
- ½ lemon

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
- lemon wedges

Instructions

- Preheat oven to 350°F
- Bring 3 cups of water to a boil in a medium saucepan, add couscous, olive oil, and salt
- Reduce to a simmer for 20 minutes or until the water is gone
- Turn off the heat and cover saucepan with a lid
- Pat salmon dry with a paper towel, then drizzle with the olive oil
- Mix together the smoked paprika, salt, pepper, & oregano in a bowl and rub this over the salmon
- Place the salmon on a rimmed baking sheet and bake for 12-15 minutes or until the salmon separates easily 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
- Serve with lemon wedges and enjoy!



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