



Moroccan Spiced Salmon

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 1.3 cups couscous uncooked
- 0.8 cup eggplant diced peeled finely
- 6 tablespoons yogurt plain fat-free
- 1 teaspoon fennel seeds
- 1 tablespoon mint leaves fresh chopped
- 1 garlic clove
- 1 teaspoon ground cardamom

- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground coriander
- 2 teaspoons ground cumin
- 2.5 tablespoons ground cumin
- 1 teaspoon ground pepper red
- 2 teaspoons ground pepper red
- 1 teaspoon turmeric
- 1 tablespoon olive oil
- 2 tablespoons olive oil
- 0.3 cup olives ripe finely chopped
- 0.5 cup onion diced finely
- 2 tablespoons paprika
- 0.5 cup bell pepper diced red finely
- 0.8 cup bell pepper red peeled
- 36 ounce salmon fillet
- 0.1 teaspoon salt
- 0.5 teaspoon salt
- 1 tablespoon sherry vinegar
- 1 star anise
- 0.5 cup tomatoes diced finely
- 1.8 cups water
- 0.5 cup bell pepper diced yellow finely
- 0.8 cup zucchini diced finely

Equipment

- frying pan
- paper towels
- sauce pan
- oven

- blender
- aluminum foil
- ziploc bags

Directions

- Preheat oven to 45
- Place fennel and star anise in a spice or coffee grinder, and process until ground.
- Combine fennel mixture, ground cumin, ground red pepper, cardamom, turmeric, coriander, and cinnamon in a large zip-top plastic bag.
- Add salmon, and toss gently to coat. Seal bag and marinate salmon in refrigerator 1 hour, turning bag occasionally.
- Combine all ingredients in a blender; and process until smooth. Cover and set aside.
- Heat oil in a large nonstick skillet over medium-high heat, and add zucchini and next 4 ingredients (zucchini through onion). Saut zucchini mixture 2 minutes or until vegetables are crisp-tender. Reserve 2 tablespoons sauted vegetables for garnish.
- Bring water and salt to a boil in a large saucepan, and gradually stir in couscous.
- Remove from heat, and cover; let stand 5 minutes. Fluff with a fork. Stir in remaining sauted vegetables, tomato, olives, mint, and black pepper. Set aside; keep warm.
- Remove Spiced Salmon from bag. Wipe skillet with a paper towel; wrap handle of skillet with foil. Coat pan with cooking spray; heat over medium-high heat until hot.
- Add salmon; saut 4 minutes per side.
- Place skillet in oven; bake at 450 for 4 minutes.
- Place 1 1/4 cups Vegetable Couscous on each of 6 serving plates; top with a salmon fillet and 1 teaspoon reserved sauted vegetables. Spoon 1 tablespoon Harissa Vinaigrette and 1 tablespoon yogurt in small dollops around salmon.
- Garnish with shredded fresh mint leaves, if desired.
- Note: Harissa Vinaigrette can be prepared in advance; cover and chill. Leftover vinaigrette may be used as a sauce for vegetables or as a condiment for meats.

Nutrition Facts



■ PROTEIN 32.6% ■ FAT 36.46% ■ CARBS 30.94%

Properties

Glycemic Index:68.33, Glycemic Load:18.18, Inflammation Score:-10, Nutrition Score:40.382608579553%

Flavonoids

Delphinidin: 8.78mg, Delphinidin: 8.78mg, Delphinidin: 8.78mg, Delphinidin: 8.78mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 513.58kcal (25.68%), Fat: 20.78g (31.96%), Saturated Fat: 3.05g (19.07%), Carbohydrates: 39.68g (13.23%), Net Carbohydrates: 34.04g (12.38%), Sugar: 4.96g (5.51%), Cholesterol: 93.95mg (31.32%), Sodium: 469.1mg (20.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.8g (83.6%), Vitamin B12: 5.53µg (92.18%), Selenium: 63.62µg (90.88%), Vitamin B6: 1.72mg (86.01%), Vitamin C: 70.15mg (85.03%), Vitamin B3: 15.85mg (79.23%), Vitamin A: 2875.43IU (57.51%), Phosphorus: 491.74mg (49.17%), Vitamin B2: 0.83mg (48.84%), Manganese: 0.81mg (40.32%), Potassium: 1313.48mg (37.53%), Vitamin B5: 3.68mg (36.82%), Vitamin B1: 0.53mg (35.49%), Copper: 0.65mg (32.43%), Iron: 5.27mg (29.26%), Magnesium: 104.5mg (26.12%), Fiber: 5.64g (22.55%), Folate: 83.88µg (20.97%), Vitamin E: 3mg (20.01%), Zinc: 2.17mg (14.44%), Calcium: 135.67mg (13.57%), Vitamin K: 10.96µg (10.44%)