

food
network



HEALTH SCORE

77%

Roasted Salmon in Banana Leaves with Ancho Chile-Ginger Sauce with Saffron Roasted Vegetable Couscous



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



927 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoons ancho chile powder
- ☐ 1 banana leaf cut into 4 rectangles
- ☐ 4 servings cilantro leaves chopped
- ☐ 2 cups couscous
- ☐ 0.3 cup flat parsley coarsely chopped
- ☐ 1 inch ginger fresh julienned peeled

- ☐ 0.3 pound haricots verts
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons olive oil
- ☐ 4 servings olive oil
- ☐ 4 servings bell pepper diced red
- ☐ 2 pasilla peppers red cut into 1-inch dice
- ☐ 0.3 cup rice wine vinegar
- ☐ 1 pinch saffron threads
- ☐ 24 ounce salmon fillet
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper
- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.5 cup vegetable oil
- ☐ 3 cups vegetable stock
- ☐ 1 baby squash yellow cut into 1-inch dice
- ☐ 1 zucchini cut into 1-inch dice

Equipment

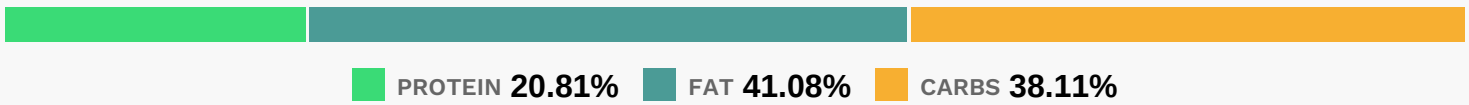
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Whisk all ingredients together in a medium bowl, season with salt and pepper to taste.
- ☐ Preheat oven to 400 degrees F. Rub each fillet with olive oil, season to taste with salt and pepper, and wrap envelope style in a banana leaf rectangle.

- ☐ Place seam-side down on a sheet pan and roast 8 to 10 minutes. When done, the fish will look a bit undercooked on top but will be firm and opaque.
- ☐ Place the packets seam-side up on a platter and fold back the sides of the banana leaf.
- ☐ Preheat oven to 400 degrees F.
- ☐ Place the vegetables in a medium baking dish, toss with the olive oil and season with salt and pepper. Roast for 8 to 10 minutes until vegetables are just cooked through. Bring vegetable stock, saffron and 1 teaspoon of salt to a boil in a medium saucepan, let boil for 5 minutes, until saffron blooms and colors the stock.
- ☐ Add the couscous, stir, cover and reduce heat to low. Cook until all liquid is absorbed, 8 to 10 minutes.
- ☐ Place couscous in a large bowl, add the roasted vegetables and parsley and season with salt and pepper to taste.
- ☐ Serve with salmon and ancho chile-ginger sauce.
- ☐ Garnish with diced red pepper and cilantro.

Nutrition Facts



Properties

Glycemic Index:129.57, Glycemic Load:46.83, Inflammation Score:-10, Nutrition Score:53.732173961142%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 927.43kcal (46.37%), Fat: 42.33g (65.12%), Saturated Fat: 6.2g (38.72%), Carbohydrates: 88.34g (29.45%), Net Carbohydrates: 78.54g (28.56%), Sugar: 14.88g (16.53%), Cholesterol: 93.55mg (31.18%), Sodium: 1805.61mg (78.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.25g (96.5%), Vitamin C: 197.23mg (239.07%), Vitamin A: 5946.32IU (118.93%), Vitamin B6: 2.15mg (107.64%), Vitamin K: 111.03µg (105.74%), Vitamin B3: 18.67mg (93.35%), Selenium: 63.14µg (90.19%), Vitamin B12: 5.41µg (90.15%), Vitamin B2: 1mg (58.71%), Phosphorus: 579.79mg (57.98%), Manganese: 1.15mg (57.46%), Vitamin E: 7.12mg (47.49%), Potassium: 1647.16mg (47.06%), Vitamin B5: 4.61mg (46.11%), Vitamin B1: 0.68mg (45.02%), Folate: 163.42µg (40.86%), Fiber: 9.8g (39.21%), Copper:

0.77mg (38.28%), Magnesium: 133.66mg (33.42%), Iron: 4.28mg (23.79%), Zinc: 2.66mg (17.71%), Calcium: 90.48mg (9.05%)